

GA / WOMEN Training and Warm-up Schedule

Day -4, Tuesday, 02 October- OPEN TRAINING

as of 28 September 2018

12:00 - 18:00	Open Training	GA / WOMEN	Warm-up Hall
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Day -3, Wednesday, 03 October- STRUCTURED TRAINING & FOCUS DAY

09:00 - 11:30	Structured Training		Flight 1 (12 gymnasts)		Warm-up Hall
Group 1	ALG	ARG	AUS	BLR	
Group 2	BRA	CAN	CHN	CRC	
Group 3	EGY	ESP	FIN	FRA	
time	duration	VT	UB	BB	FX (D)
09:00 - 09:30	30'	WARM-UP			
09:30 - 10:00	30'	Group 1	Group 2	Group 3	
10:00 - 10:30	30'		Group 1	Group 2	Group 3
10:30 - 11:00	30'	Group 3		Group 1	Group 2
11:00 - 11:30	30'	Group 2	Group 3		Group 1

11:30 - 14:00	Structured Training		Flight 2 (12 gymnasts)		Warm-up Hall
Group 1	GBR	GER	GRE	CUA	
Group 2	HUN	IRL	ITA	JPN	
Group 3	KOR	LTU	MAS	MEX	
	time	VT	UB	BB	FX (D)
11:30 - 12:00	30'	WARM-UP			
12:00 - 12:30	30'	Group 1	Group 2	Group 3	
12:30 - 13:00	30'		Group 1	Group 2	Group 3
13:00 - 13:30	30'	Group 3		Group 1	Group 2
13:30 - 14:00	30'	Group 2	Group 3		Group 1

14:00 - 16:30	Structured Training		Flight 3 (12 gymnasts)		Warm-up Hall
Group 1	POR	PUR	ROU	RSA	
Group 2	RUS	SGP	SRI	SWE	
Group 3	TUR	UKR	UZB	VIE	
	time	VT	UB	BB	FX (D)
14:00 - 14:30	30'	WARM-UP			
14:30 - 15:00	30'	Group 1	Group 2	Group 3	
15:00 - 15:30	30'		Group 1	Group 2	Group 3
15:30 - 16:00	30'	Group 3		Group 1	Group 2
16:00 - 16:30	30'	Group 2	Group 3		Group 1

ALL GYMNASTS ARE REQUIRED TO BE PRESENT AT THE FOCUS DAY EVENT FROM 18:00-20:00

COACHES ARE REQUIRED TO ATTEND THE ORIENTATION MEETING AT 20:00

Day -2, Thursday, 04 October- PODIUM TRAINING & STRUCTURED TRAINING

14:30 - 18:15	Podium Training & W/U			Subdivision 1		W/U Hall & FOP	
Group 1	ALG	ARG	AUS		BLR	POR	PUR
Group 2	BRA	CAN	CHN		CRC	RUS	SGP
Group 3	EGY	ESP	FIN		FRA	TUR	UKR
14:30 - 16:15	Warm-up			Subdivision 1		Warm-up Hall	
	time	VT	UB		BB	FX (D)	
14:30 - 14:55	25' WARM-UP						
14:55 - 15:15	20'		Group 1		Group 2	Group 3	
15:15 - 15:35	20'	Group 3			Group 1	Group 2	
15:35 - 15:55	20'	Group 2	Group 3			Group 1	
15:55 - 16:15	20'	Group 1	Group 2		Group 3		
16:30-18:15	Podium Training			Subdivision 1		FOP	
	time	VT	UB		BB	FX	
16:30 - 16:54	24'	Group 1	Group 2		Group 3		
16:57 - 17:21	24'		Group 1		Group 2	Group 3	
17:24 - 17:48	24'	Group 3			Group 1	Group 2	
17:51 - 18:15	24'	Group 2	Group 3			Group 1	

09:00 - 10:30	Short Training		Subdivision 1		Warm-up Hall
	time	VT	UB	BB	FX (D)
09:00 - 09:18	18' WARM-UP				
09:18 - 09:36	18'	Group 3		Group 1	Group 2
09:36 - 09:54	18'	Group 2	Group 3		Group 1
09:54 - 10:12	18'	Group 1	Group 2	Group 3	
10:12 - 10:30	18'		Group 1	Group 2	Group 3

17:30 - 21:15	Podium Training & W/U			Subdivision 2		W/U Hall & FOP	
Group 1	GBR	GER	GRE	GUA	ROU	RSA	
Group 2	HUN	IRL	ITA	JPN	SRI	SWE	
Group 3	KOR	LTU	MAS	MEX	UZB	VIE	
17:30 - 19:15	Warm-up			Subdivision 2		Warm-up Hall	
	time	VT	UB		BB	FX (B)	
17:30 - 17:55	25´	WARM-UP					
17:55 - 18:15	20´		Group 1	Group 2	Group 3		
18:15 - 18:35	20´	Group 3		Group 1	Group 2		
18:35 - 18:55	20´	Group 2	Group 3		Group 1		
18:55 - 19:15	20´	Group 1	Group 2	Group 3			

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19:30 - 21:15	Podium Training		Subdivision 2		FOP
	time	VT	UB	BB	FX
19:30 - 19:54	24'	Group 1	Group 2	Group 3	
19:57 - 20:21	24'		Group 1	Group 2	Group 3
20:24 - 20:48	24'	Group 3		Group 1	Group 2
20:51 - 21:15	24'	Group 2	Group 3		Group 1

12:00 - 13:30	Short Training		Subdivision 2		Warm-up Hall
	time	VT	UB	BB	FX (B)
12:00 - 12:18	18'	WARM-UP			
12:18 - 12:36	18'	Group 3		Group 1	Group 2
12:36 - 12:54	18'	Group 2	Group 3		Group 1
12:54 - 13:12	18'	Group 1	Group 2	Group 3	
13:12 - 13:30	18'		Group 1	Group 2	Group 3

Day -1, Friday, 05 October- STRUCTURED TRAINING

09:10 - 10:40	Short Training		Group B Teams (12 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
09:10 - 09:28	18'	WARM-UP stretching area			
09:28 - 09:46	18'	UCHIMURA	CHUSOVITINA	MARCHENKO	DONG
09:46 - 10:04	18'	DONG	UCHIMURA	CHUSOVITINA	MARCHENKO
10:04 - 10:22	18'	MARCHENKO	DONG	UCHIMURA	CHUSOVITINA
10:22 - 10:40	18'	CHUSOVITINA	MARCHENKO	DONG	UCHIMURA

10:10 - 12:40	Long Training		Group A Teams (12 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
10:10 - 10:40	30'	WARM-UP stretching area			
10:40 - 11:10	30'	MACLENNAN	WHITLOCK	CHERNOVA	BILES
11:10 - 11:40	30'	BILES	MACLENNAN	WHITLOCK	CHERNOVA
11:40 - 12:10	30'	CHERNOVA	BILES	MACLENNAN	WHITLOCK
12:10 - 12:40	30'	WHITLOCK	CHERNOVA	BILES	MACLENNAN

13:10-14:40	Short Training		Group C Teams (12 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
13:10 - 13:28	18'	WARM-UP stretching area			
13:28 - 13:46	18'	KABAEVA	BESSONOVA	COMANECI	YANG
13:46 - 14:04	18'	YANG	KABAEVA	BESSONOVA	COMANECI
14:04 - 14:22	18'	COMANECI	YANG	KABAEVA	BESSONOVA
14:22 - 14:40	18'	BESSONOVA	COMANECI	YANG	KABAEVA

15:10 - 17:40	Long Training		Group B Teams (12 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
15:10 - 15:40	30'	WARM-UP stretching area			
15:40 - 16:10	30'	DONG	UCHIMURA	CHUSOVITINA	MARCHENKO
16:10 - 16:40	30'	MARCHENKO	DONG	UCHIMURA	CHUSOVITINA
16:40 - 17:10	30'	CHUSOVITINA	MARCHENKO	DONG	UCHIMURA
17:10 - 17:40	30'	UCHIMURA	CHUSOVITINA	MARCHENKO	DONG

18:10 - 19:40	Short Training		Group A Teams (12 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
18:10 - 18:28	18'	WARM-UP stretching area			
18:28 - 18:46	18'	BILES	MACLENNAN	WHITLOCK	CHERNOVA
18:46 - 19:04	18'	CHERNOVA	BILES	MACLENNAN	WHITLOCK
19:04 - 19:22	18'	WHITLOCK	CHERNOVA	BILES	MACLENNAN
19:22 - 19:40	18'	MACLENNAN	WHITLOCK	CHERNOVA	BILES

19:30 - 22:00	Long Training		Group C Teams (12 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
19:30 - 20:00	30'	WARM-UP Stretching area			
20:00 - 20:30	30'	YANG	KABAEVA	BESSONOVA	COMANECI
20:30 - 21:00	30'	COMANECI	YANG	KABAEVA	BESSONOVA
21:00 - 21:30	30'	BESSONOVA	COMANECI	YANG	KABAEVA
21:30 - 22:00	30'	KABAEVA	BESSONOVA	COMANECI	YANG

Day 0, Saturday, 06 October- OPENING CEREMONIES & STRUCTURED TRAINING

08:00 - 10:00	Medium Training		By Team (18 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
08:00 - 08:24	24'	WARM-UP Stretching area only			
08:24 - 08:48	24'	MARCHENKO DONG		UCHIMURA CHUSOVITINA	MACLENNAN WHITLOCK

08:48 - 09:12	24'	MACLENNAN WHITLOCK	MARCHENKO DONG		UCHIMURA CHUSOVITINA
09:12 - 09:36	24'	UCHIMURA CHUSOVITINA	MACLENNAN WHITLOCK	MARCHENKO DONG	
09:36 - 10:00	24'		UCHIMURA CHUSOVITINA	MACLENNAN WHITLOCK	MARCHENKO DONG

09:36 - 11:36	Medium Training		By Team (18 gymnasts)		Warm-up Hall
	time	VT	UB	BB	FX (D)
09:36 - 10:00	24'	WARM-UP Stretching area only			
10:00 - 10:24	24'	COMANECI YANG	CHERNOVA BILES	KABAEVA BESSONOVA	
10:24 - 10:48	24'		COMANECI YANG	CHERNOVA BILES	KABAEVA BESSONOVA
10:48 - 11:12	24'	KABAEVA BESSONOVA		COMANECI YANG	CHERNOVA BILES
11:12 - 11:36	24'	CHERNOVA BILES	KABAEVA BESSONOVA		COMANECI YANG

Day 1, Sunday, 07 October- GA / WOMEN QUALIFICATIONS FX & STRUCTURED TRAINING

12:35 - 16:43	Qualifications	All Teams	Warm-up Hall & FOP
12:35 - 16:15	Warm-up	GA / WOMEN FX	Warm-up Hall
14:04 - 16:43	Qualifications	GA / WOMEN FX	FOP

All other apparatus OPEN for training 12:35 - 16:43 (except FX from 12:35 - 16:15)

FX (D) stretching	time	FX(B)	Rotation	FX women	FOP
12:35 - 13:05	30'	13:10 - 13:40	Rotation 1	UCHIMURA - CHUSOVITINA	14:00
13:05 - 13:35	30'	13:40 - 14:10	Rotation 2	MARCHENKO - DONG	14:23
13:35 - 14:05	30'	14:10 - 14:40	Rotation 3	MACLENNAN - WHITLOCK	14:46
14:05 - 14:35	30'	14:40 - 15:10	Rotation 4	CHERNOVA - BILES	15:24
14:40 - 15:10	30'	15:15 - 15:45	Rotation 5	KABAEVA - BESSONOVA	16:02
15:10 - 15:40	30'	15:45 - 16:15	Rotation 6	COMANECI - YANG	16:25

19:00 - 20:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	UCHIMURA	CHUSOVITINA	MARCHENKO	DONG	
	time	VT	UB	BB	FX (D)
19:00 - 19:18	18'	WARM-UP stretching area			
19:18 - 19:36	18'	CHUSOVITINA	MARCHENKO	DONG	UCHIMURA
19:36 - 19:54	18'	UCHIMURA	CHUSOVITINA	MARCHENKO	DONG

19:54 - 20:12	18'	DONG	UCHIMURA	CHUSOVITINA	MARCHENKO
20:12 - 20:30	18'	MARCHENKO	DONG	UCHIMURA	CHUSOVITINA

08:00 - 09:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	MACLENNAN	WHITLOCK	CHERNOVA	BILES	
	time	VT	UB	BB	FX (B)
08:00 - 08:18	18'	WARM-UP stretching area			
08:18 - 08:36	18'	WHITLOCK VT men	MACLENNAN	BILES	CHERNOVA
08:36 - 08:54	18'	CHERNOVA	WHITLOCK	MACLENNAN	BILES
08:54 - 09:12	18'	BILES	CHERNOVA	WHITLOCK	MACLENNAN
09:12 - 09:30	18'	MACLENNAN	BILES	CHERNOVA	WHITLOCK

09:12 - 10:42	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	KABAEVA	BESSONOVA	COMANECI	YANG	
	time	VT	UB	BB	FX (D)
09:12 - 09:30	18'	WARM-UP stretching area			
09:30 - 09:48	18'	BESSONOVA	COMANECI	YANG	KABAEVA
09:48 - 10:06	18'	KABAEVA	BESSONOVA	COMANECI	YANG
10:06 - 10:24	18'	YANG	KABAEVA	BESSONOVA	COMANECI
10:24 - 10:42	18'	COMANECI	YANG	KABAEVA	BESSONOVA

Day 2, Monday, 08 October- GA / WOMEN QUALIFICATIONS VT & STRUCTURED TRAINING

12:40 - 16:55	Qualifications	All Teams	Warm-up Hall & FOP
12:40 - 16:20	Warm-up	GA / WOMEN VT	Warm-up Hall
14:04 - 16:55	Qualifications	GA / WOMEN VT	FOP

All other apparatus OPEN for training from 12:40 - 16:55 (except VT from 12:40 - 16:20)

Stretching		Apparatus VT	Rotation	VT women	FOP
12:40 - 13:10	30'	13:15 - 13:45	Rotation 1	DONG - MACLENNAN	14:00
13:10 - 13:40	30'	13:45 - 14:15	Rotation 2	WHITLOCK - CHERNOVA	14:32
13:40 - 14:10	30'	14:15 - 14:45	Rotation 3	BILES - KABAEVA	15:04
14:15 - 14:45	30'	14:50 - 15:20	Rotation 4	BESSONOVA - COMANECI	15:36
14:45 - 15:15	30'	15:20 - 15:50	Rotation 5	YANG - UCHIMURA	16:08
15:15 - 15:45	30'	15:50 - 16:20	Rotation 6	CHUSOVITINA - MARCHENKO	16:34

19:00 - 20:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	DONG	MACLENNAN	WHITLOCK	CHERNOVA	
	time	VT	UB	BB	FX (D)
19:00 - 19:18	18'	WARM-UP stretching area			

19:18 - 19:36	18'	CHERNOVA	WHITLOCK	MACLENNAN	DONG
19:36 - 19:54	18'	DONG	CHERNOVA	WHITLOCK	MACLENNAN
19:54 - 20:12	18'	MACLENNAN	DONG	CHERNOVA	WHITLOCK
20:12 - 20:30	18'	WHITLOCK	MACLENNAN	DONG	CHERNOVA

08:00 - 09:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	BILES	KABAEVA	BESSONOVA	COMANECI	
	time	VT	UB	BB	FX (B)
08:00 - 08:18	18'	WARM-UP stretching area			
08:18 - 08:36	18'	KABAEVA VT men	BESSONOVA	COMANECI	BILES
08:36 - 08:54	18'	BILES	KABAEVA	BESSONOVA	COMANECI
08:54 - 09:12	18'	COMANECI	BILES	KABAEVA	BESSONOVA
09:12 - 09:30	18'	BESSONOVA	COMANECI	BILES	KABAEVA

09:12 - 10:42	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	YANG	UCHIMURA	CHUSOVITINA	MARCHENKO	
	time	VT	UB	BB	FX (D)
09:12 - 09:30	18'	WARM-UP stretching area			
09:30 - 09:48	18'	UCHIMURA	CHUSOVITINA	MARCHENKO	YANG
09:48 - 10:06	18'	YANG	UCHIMURA	CHUSOVITINA	MARCHENKO
10:06 - 10:24	18'	MARCHENKO	YANG	UCHIMURA	CHUSOVITINA
10:24 - 10:42	18'	CHUSOVITINA	MARCHENKO	YANG	UCHIMURA

Day 3, Tuesday, 09 October- GA / WOMEN QUALIFICATIONS UB & STRUCTURED TRAINING

12:45 - 17:01	Qualifications	All Teams	Warm-up Hall & FOP
12:45 - 16:25	Warm-up	GA / WOMEN UB	Warm-up Hall
14:07 - 17:19	Qualifications	GA / WOMEN UB	FOP

All other apparatus OPEN for training from 12:45 - 17:01 (except UB from 12:45 - 16:40)

Stretching	time	Apparatus UB	Rotations	UB	FOP
12:45 - 13:15	30'	13:20 - 13:50	Rotation 1	CHERNOVA - BILES	14:00
13:19 - 13:49	30'	13:54 - 14:24	Rotation 2	KABAEVA - BESSONOVA	14:34
13:55 - 14:25	30'	14:30 - 14:58	Rotation 3	COMANECI - YANG	15:08
14:25 - 14:55	30'	15:00 - 15:30	Rotation 4	UCHIMURA - CHUSOVITINA	15:42
15:01 - 15:31	30'	15:36 - 16:06	Rotation 5	MARCHENKO - DONG	16:16
15:35 - 16:05	30'	16:10 - 16:40	Rotation 6	MACLENNAN - WHITLOCK	16:50

19:00 - 20:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	CHERNOVA	BILES		KABAEVA	BESSONOVA
	time	VT	UB	BB	FX (D)
19:00 - 19:18	18'	WARM-UP stretching area			
19:18 - 19:36	18'	BILES	KABAEVA	BESSONOVA	CHERNOVA
19:36 - 19:54	18'	CHERNOVA	BILES	KABAEVA	BESSONOVA
19:54 - 20:12	18'	BESSONOVA	CHERNOVA	BILES	KABAEVA
20:12 - 20:30	18'	KABAEVA	BESSONOVA	CHERNOVA	BILES

08:00 - 09:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	COMANECI	YANG		UCHIMURA	CHUSOVITINA
	time	VT	UB	BB	FX (B)
08:00 - 08:18	18'	WARM-UP stretching area			
08:18 - 08:36	18'	YANG VT men	UCHIMURA	CHUSOVITINA	COMANECI
08:36 - 08:54	18'	COMANECI	YANG	UCHIMURA	CHUSOVITINA
08:54 - 09:12	18'	CHUSOVITINA	COMANECI	YANG	UCHIMURA
09:12 - 09:30	18'	UCHIMURA	CHUSOVITINA	COMANECI	YANG

09:12 - 10:42	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	MARCHENKO	DONG		MACLENNAN	WHITLOCK
	time	VT	UB	BB	FX (D)
09:12 - 09:30	18'	WARM-UP stretching area			
09:30 - 09:48	18'	DONG	MACLENNAN	WHITLOCK	MARCHENKO
09:48 - 10:06	18'	MARCHENKO	DONG	MACLENNAN	WHITLOCK
10:06 - 10:24	18'	WHITLOCK	MARCHENKO	DONG	MACLENNAN
10:24 - 10:42	18'	MACLENNAN	WHITLOCK	MARCHENKO	DONG

Day 4, Wednesday, 10 October GA / WOMEN QUALIFICATIONS BB & STRUCTURED TRAINING

12:45 - 17:07	Qualifications	All Teams		Warm-up Hall & FOP
12:45 - 16:30	Warm-up	GA / WOMEN BB		Warm-up Hall
14:05 - 17:07	Qualifications	GA / WOMEN BB		FOP

All other apparatus OPEN for training from 12:45 - 17:07 (except BB from 12:45 - 16:30)

Stretching	time	Apparatus BB	Rotations	BB	FOP
12:45 - 13:15	30'	13:20 - 13:50	Rotation 1	BESSONOVA - COMANECI	14:00
13:17 - 13:47	30'	13:52 - 14:22	Rotation 2	YANG - UCHIMURA	14:32

13:49 - 14:19	30'	14:24 - 14:54	Rotation 3	CHUSOVITINA - MARCHENKO	15:04
14:21 - 14:51	30'	14:56 - 15:26	Rotation 4	DONG - MACLENNAN	15:36
14:53 - 15:23	30'	15:28 - 15:58	Rotation 5	WHITLOCK - CHERNOVA	16:08
15:25 - 15:55	30'	16:00 - 16:30	Rotation 6	BILES - KABAEVA	16:40

19:00 - 20:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	BESSONOVA	COMANECI	YANG	UCHIMURA	
	time	VT	UB	BB	FX (D)
19:00 - 19:18	18'	WARM-UP stretching area			
19:18 - 19:36	18'	COMANECI	YANG	UCHIMURA	BESSONOVA
19:36 - 19:54	18'	BESSONOVA	COMANECI	YANG	UCHIMURA
19:54 - 20:12	18'	UCHIMURA	BESSONOVA	COMANECI	YANG
20:12 - 20:30	18'	YANG	UCHIMURA	BESSONOVA	COMANECI

08:00 - 09:30	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	CHUSOVITINA	MARCHENKO	DONG	MACLENNAN	
	time	VT	UB	BB	FX (B)
09:00 - 09:18	18'	WARM-UP stretching area			
09:18 - 09:36	18'	MACLENNAN VT men	DONG	MARCHENKO	CHUSOVITINA
09:36 - 09:54	18'	CHUSOVITINA	MACLENNAN	DONG	MARCHENKO
09:54 - 10:12	18'	MARCHENKO	CHUSOVITINA	MACLENNAN	DONG
10:12 - 10:30	18'	DONG	MARCHENKO	CHUSOVITINA	MACLENNAN

09:12 - 10:42	Short Training		By Team (12 gymnasts)		Warm-up Hall
Teams	WHITLOCK	CHERNOVA	BILES	KABAEVA	
	time	VT	UB	BB	FX (D)
10:12 - 10:30	18'	WARM-UP			
10:30 - 10:48	18'	WHITLOCK	BILES	CHERNOVA	KABAEVA
10:48 - 11:06	18'	KABAEVA	WHITLOCK	BILES	CHERNOVA
11:06 - 11:24	18'	CHERNOVA	KABAEVA	WHITLOCK	BILES
11:24 - 11:42	18'	BILES	CHERNOVA	KABAEVA	WHITLOCK

Day 5, Thursday, 11 October- GA / WOMEN STRUCTURED TRAINING

09:30 - 12:00	Long Training		AA Finalists		Warm-up Hall
	time	VT	UB	BB	FX (D)
09:30 - 10:00	30'	WARM-UP			
10:00 - 10:30	30'	3,2,1,9,8	7,6,5,4	12,11,10,18,17	16,15,14,13
10:30 - 11:00	30'	16,15,14,13	3,2,1,9,8	7,6,5,4	12,11,10,18,17

11:00 - 11:30	30'	12,11,10,18,17	16,15,14,13	3,2,1,9,8	7,6,5,4
11:30 - 12:00	30'	7,6,5,4	12,11,10,18,17	16,15,14,13	3,2,1,9,8

17:00 - 18:30	Short Training		AA Finalists		Warm-up Hall
	time	VT	UB	BB	FX (D)
17:00 - 17:18	18'	UP WARM			
17:18 - 17:36	18'	7,6,5,4	12,11,10,18,17	16,15,14,13	3,2,1,9,8
17:36 - 17:54	18'	3,2,1,9,8	7,6,5,4	12,11,10,18,17	16,15,14,13
17:54 - 18:12	18'	16,15,14,13	3,2,1,9,8	7,6,5,4	12,11,10,18,17
18:12 - 18:30	18'	12,11,10,18,17	16,15,14,13	3,2,1,9,8	7,6,5,4

11:00 - 13:30	Long Training		Non-AA Finalists		Training Hall
	time	VT	UB	BB	FX
11:00 - 11:30	30'	WARM UP			
11:30 - 12:00	30'	19,20,21,22	23,24,25,26	27,28,29,30,31	32,33,34,35,36
12:00 - 12:30	30'	32,33,34,35,36	19,20,21,22	23,24,25,26	27,28,29,30,31
12:30 - 13:00	30'	27,28,29,30,31	32,33,34,35,36	19,20,21,22	23,24,25,26
13:00 - 13:30	30'	23,24,25,26	27,28,29,30,31	32,33,34,35,36	19,20,21,22

18:30 - 20:00	Short Training		Non-AA Finalists		Warm-up Hall
	time	VT	UB	BB	FX (D)
18:30 - 18:48	18'	WARM UP			
18:48 - 19:06	18'	23,24,25,26	27,28,29,30,31	32,33,34,35,36	19,20,21,22
19:06 - 19:24	18'	19,20,21,22	23,24,25,26	27,28,29,30,31	32,33,34,35,36
19:24 - 19:42	18'	32,33,34,35,36	19,20,21,22	23,24,25,26	27,28,29,30,31
19:42 - 20:00	18'	27,28,29,30,31	32,33,34,35,36	19,20,21,22	23,24,25,26

Day 6, Friday, 12- October GA / WOMEN AA FINAL & STRUCTURED TRAINING

15:00 - 19:09		AA Final & Warm-up		AA Finalists	Warm-up Hall & FOP
15:00 - 16:45		Warm-up		AA	Warm-up Hall
	time	VT	UB	BB	FX (B)
15:00 - 15:17	17'	WARM-UP			
15:17 - 15:39	22'		2,1,9,8,7 6,5,4,3	11,10,18,17,16 15,14,13,12	
15:39 - 16:01	22'			1,9,8,7,6 5,4,3,2	10,18,17,16,15 14,13,12,11
16:01 - 16:23	22'	18,17,16,15,14 13,12,11,10			9,8,7,6,5 4,3,2,1

16:23 - 16:45	22'	3,2,1,9,8 7,6,5,4	12,11,10,18,17 16,15,14,13		
17:04:10 - 19:09		Finals	GA / WOMEN AA		FOP
	time	VT	UB	BB	FX
17:00 - 17:25	25'	3,2,1,9,8 7,6,5,4	12,11,10,18,17 16,15,14,13		
17:30 - 18:00	30'		2,1,9,8,7 6,5,4,3	11,10,18,17,16 15,14,13,12	
18:05 - 18:37	32'			1,9,8,7,6 5,4,3,2	10,18,17,16,15 14,13,12,11
18:42 - 19:09	27'	18,17,16,15,14 13,12,11,10			9,8,7,6,5 4,3,2,1

9:00-10:30		Short Training	AA Finalists		Warm-up Hall
	time	VT	UB	BB	FX (B)
09:00 - 09:18	18'	WARM-UP			
09:18 - 09:36	18'	3,2,1,9,8	7,6,5,4	12,11,10,18,17	16,15,14,13
09:36 - 09:54	18'	16,15,14,13	3,2,1,9,8	7,6,5,4	12,11,10,18,17
09:54 - 10:12	18'	12,11,10,18,17	16,15,14,13	3,2,1,9,8	7,6,5,4
10:12 - 10:30	18'	7,6,5,4	12,11,10,18,17	16,15,14,13	3,2,1,9,8

11:00-13:30		Long Training	non-AA Finalists		Training Hall
	time	VT	UB	BB	FX
11:00 - 11:30	30'	WARM-UP			
11:30 - 12:00	30'	32,33,34,35,36	19,20,21,22	23,24,25,26	27,28,29,30,31
12:00 - 12:30	30'	27,28,29,30,31	32,33,34,35,36	19,20,21,22	23,24,25,26
12:30 - 13:00	30'	23,24,25,26	27,28,29,30,31	32,33,34,35,36	19,20,21,22
13:00 - 13:30	30'	19,20,21,22	23,24,25,26	27,28,29,30,31	32,33,34,35,36

18:30-20:00		Short Training	non-AA Finalists		Warm-up Hall
	time	VT	UB	BB	FX (B)
18:30 - 18:48	18'	WARM UP			
18:48 - 19:06	18'	27,28,29,30,31	32,33,34,35,36	19,20,21,22	23,24,25,26
19:06 - 19:24	18'	23,24,25,26	27,28,29,30,31	32,33,34,35,36	19,20,21,22
19:24 - 19:42	18'	19,20,21,22	23,24,25,26	27,28,29,30,31	32,33,34,35,36
19:42 - 20:00	18'	32,33,34,35,36	19,20,21,22	23,24,25,26	27,28,29,30,31

Day 7, Saturday, 13 October-

GA / WOMEN APPARATUS FINALS VT/UB & STRUCTURED TRAINING

15:00 - 19:48	288'	Apparatus Finalists VT/UB	Warm-up Hall & FOP
15:00 - 15:25	25'	WARM-UP	WARM-UP HALL
15:30 - 16:30	Warm-up on Podium	GA / WOMEN VT/UB	FOP
17:40 - 19:49	Apparatus Finals	GA / WOMEN VT/UB	FOP
GA / WOMEN VT/UB			WARM-UP HALL
	time	VT	UB
17:00 - 19:49	169'	Apparatus Finalists	Apparatus Finalists

09:00 - 11:30	Long Training		GA / WOMEN Apparatus Finalists		Warm-up Hall
	time	VT	UB	BB	FX (B)
09:00 - 09:30	30'	WARM-UP			
09:30 - 10:00	30'	App. Finalists			
10:00 - 10:30	30'		App. Finalists		
10:30 - 11:00	30'			App. Finalists	
11:00 - 11:30	30'				App. Finalists

15:30 - 17:00	Short Training	GA / WOMEN Apparatus Finalists	Training Hall
	time	BB	FX
15:30 - 16:00	30'	WARM-UP	
16:00 - 17:00	60'	Apparatus Finalists	Apparatus Finalists

11:00 - 13:30	Open Long Training	GA / WOMEN Non-Apparatus Finalists	Training Hall
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Day 8, Sunday, 14 October GA / WOMEN STRUCTURED TRAINING

09:00 - 10:30	Short Training		Apparatus Finalists Day 9 Qualifiers	Warm-up Hall
	time	BB	FX	
09:00 - 09:30	30' WARM-UP			
09:30 - 10:30	1 h	Apparatus Finalists	Apparatus Finalists	

14:30 - 17:00	Long Training	Apparatus Finalists Day 9 Qualifiers	Warm-up Hall
	time	BB	FX
14:30 - 15:00	30'	WARM-UP	
15:00 - 17:00	120'	Apparatus Finalists	Apparatus Finalists

11:00 - 13:30	Open Long Training	Non-Apparatus Finalists	Training Hall
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Day 9, Monday, 15 October-

GA / WOMEN APPARATUS FINALS BB/FX & STRUCTURED TRAINING

15:00 - 19:00	240'	Apparatus Finalists BB/FX	Warm-up Hall & FOP
15:00 - 15:25	25'	Warm-up	WARM-UP HALL
15:30 - 16:30	Warm-up on Podium	BB/FX	FOP
17:00 - 19:00	Apparatus Finals	BB/FX	FOP
	WARM-UP HALL		
	time	BB	FX
17:00 - 19:00	120'	Apparatus Finalists	Apparatus Finalists

09:00 - 10:30	Short Training	Apparatus Finals Day 9	Warm-up Hall
	time	BB	FX
09:00 - 09:30	30'	WARM-UP	
09:30 - 10:30	60'	Apparatus Finalists	Apparatus Finalists

11:00 - 13:30	Open Long Training	Non-Apparatus Finalists Day 9	Training Hall
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