

General training 28/06/2019

Long Trainings 30 minutes general stretch & 30 minutes per rotation

Warm-up Hall 2					
Sub	Time	Vault	Bars	Beam	Floor
FREE	18:00	LONG TRAINING			
	-				
	20:30				

Venue : Palavesuvio, Napoli

Warm-up Hall 2: 1 Volt, 2 Uneven bars, 2 Balance beam, 1 Floor

-Training schedule WAG-
General training 29/06/2019

Short Trainings 20 minutes general stretch & 17,5 minutes per rotation

Long Trainings 30 minutes general stretch & 30 minutes per rotation

Warm-up Hall 2						
morning						
Sub	Time	Vault	Bars	Beam	Floor	field
3	09:00 SHORT	KOR	ITA	FIN	TPE	A
4	10:30	JPN	NED	RUS	CAN	B
1	10:45 LONG	UKR (2) ARG (2)	CRO (1) TUR (2)	ROU (1) IND (2)	KAZ (2) NOR (1)	A
2	13:15	GER (1) AZE (1) POR (1)	SLO (2) MAS (2)	NZL (1) HKG (2)	LAT (1) AUT (2) SVK (1)	B
afternoon						
Sub	Time	Vault	Bars	Beam	Floor	field
3	15:30	TPE	KOR	ITA	FIN	A
4	LONG 18:00	CAN	JPN	NED (1)	CAN	B
1	18:15 SHORT	KAZ (2) NOR (1)	UKR (2) ARG (2)	CRO (1) TUR (2)	ROU (1) IND (2)	A
2	19:45	LAT (1) AUT (2) SVK (1)	GER (1) AZE (1) POR (1)	SLO (2) MAS (2)	NZL (1) HKG (2)	B

Venue : Palavesuvio, Napoli

Warm-up Hall 2: 1 Volt, 2 Uneven bars, 2 Balance beam, 1 Floor

-Training schedule WAG-
General training 30/06/2019

Short Trainings 20 minutes general stretch & 17,5 minutes per rotation

Long Trainings 30 minutes general stretch & 30 minutes per rotation

Warm-up Hall 2						
morning						
Sub	Time	Vault	Bars	Beam	Floor	field
1	08:30 LONG	ROU (1) IND (2) NZL (1) HKG (2)	KAZ (2) NOR (1)	UKR (2) ARG (2)	CRO (1) TUR (2) SLO (2) MAS (2)	A
2	11:00		LAT (1) AUT (2) SVK (1)	GER (1) AZE (1) POR (1)		B
3	11:15 SHORT	FIN RUS	TPE	KOR	ITA NED (1)	A
4	12:45		CAN	JPN		B
Afternoon						
Sub	Time	Vault	Bars	Beam	Floor	field
1	15:00 SHORT	CRO (1) TUR (2) SLO (2) MAS (2)	ROU (1) IND (2)	KAZ (2) NOR (1)	UKR (2) ARG (2) (GER (1) AZE (1) POR (1)	A
2	16:30		NZL (1) HKG (2)	LAT (1) AUT (2) SVK (1)		B
3	16:45 LONG	ITA NED (1)	FIN	TPE	KOR JPN	A
4	19:15		RUS	CAN		B

Venue : Palavesuvio, Napoli

-Training schedule WAG-
General training 01/07/2019

Short Trainings 20 minutes general stretch & 17,5 minutes per rotation

Long Trainings 30 minutes general stretch & 30 minutes per rotation

Warm-up Hall 2						
morning						
Sub	Time	Vault	Bars	Beam	Floor	field
3	09:00 SHORT	KOR	ITA	FIN	TPE	A
4	10:30	JPN	NED (1)	RUS	CAN	B
1	10:45 LONG	UKR (2) ARG (2)	CRO (1) TUR (2)	ROU (1) IND (2)	KAZ (2) NOR (1)	A
2	12:15	GER (1) AZE (1) POR (1)	SLO (2) MAS (2)	NZL (1) HKG (2)	LAT (1) AUT (2) SVK (1)	B
afternoon						
Sub	Time	Vault	Bars	Beam	Floor	field
3	15:30 LONG	TPE	KOR	ITA	FIN	A
4	18:00	CAN	JPN	NED (1)	CAN	B
1	18:15 SHORT	KAZ (2) NOR (1)	UKR (2) ARG (2)	CRO (1) TUR (2)	ROU (1) IND (2)	A
2	19:45	LAT (1) AUT (2) SVK (1)	GER (1) AZE (1) POR (1)	SLO (2) MAS (2)	NZL (1) HKG (2)	B

Venue : Palavesuvio, Napoli

Podium Training WAG 02/06/2019

8:15 -10:15		Women's Judges Istruction & Draw CI-II			
WAG Competition Hall		Warm-up Hall		WAG Training Hall 2	
Time	VT,UB,BB,FX	Time	20 min general stretch	Time	20 min general stretch
10:15	Subdivision 1	08:50	Subdivision 1	09:30	Free Subd. 3/4
12:15		10:20		11:00	
12:15 - 13:15		General technical meeting Gymnastic			
14:55	Subdivision 2	13:15	Subdivision 2	19:00	Free Subd. 1/2
16:55		14:45		20:30	
17:00	Subdivision 3	15:20	Subdivision 3		
19:00		16:50			
19:00	Subdivision 4	17:20	Subdivision 4		
21:00		18:50			

Subd.	Time	VT	UB	BB	FX
1	10:15	MIX 1	MIX2		
	12:15				
2	14:55	MIX 3	MIX 4		
	16:55				
3	17:00	KOR	FIN		
	19:00	TPE	ITA		
4	19:00	CAN	NED (1)		
	21:00	RUS	JPN		

MIX1= CRO (1), ROU (1), TUR (2), IND(2)	MIX2= KAZ(2), UKR(2), NOR(1), ARG(2)	MIX3= LAT(1), NZL (1), AUT (2) HKG (2), SVK (1)	MIX4= SLO(2), GER (1), MAS(2), AZE (1), POR(1)
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Venue : Palavesuvio, Napoli

General training And Opening Ceremony Day 03/07/2019

Long Trainings 30 minutes general stretch & 30 minutes per rotation

Warm-up Hall 2						
morning						
Sub	Time	Vault	Bars	Beam	Floor	field
1	08:30	ROU (1) IND (2) NZL (1) HKG (2)	KAZ (2)	UKR (2)	CRO (1) TUR (2) SLO (2) MAS (2)	A
2			LAT (1) AUT (2) SVK (1)	GER (1) AZE (1) POR (1)		B
3	11:00	FIN RUS	TPE	KOR	ITA NED (1)	A
4	13:30		CAN	JPN		B

Venue : Palavesuvio, Napoli

General training 04/07/2019

Short Trainings 20 minutes general stretch & 17,5 minutes per rotation

Long Trainings 30 minutes general stretch & 30 minutes per rotation

Warm-up Hall 2						Warm-up Hall 3					
Sub	Time	Vault	Bars	Beam	Floor	Sub	Time	Vault	Bars	Beam	Floor
1	10:00	CRO (1)	UKR (2)	KAZ (2)	ROU (1)	3	09:00				
	-	TUR (2)	ARG (2)	NOR (1)	IND (2)		-	KOR	ITA	FIN	TPE
	12:30	HUN (1)					10:30				
2	13:00	LAT (1)	GER (1)	SLO (2)	NZL (1)	4	11:00				
	-	AUT (2)	AZE (1)	MAS (2)	HKG (2)		-	CAN	JPN	NED (1)	RUS
	15:30	SVK (1)	POR (1)				12:30				
3	15:30					1	16:30	ROU (1)	CRO (1)	UKR (2)	KAZ (2)
	-	TPE	KOR	ITA	FIN		-	IND (2)	TUR (2)	ARG (2)	NOR (1)
	18:00						18:00		HUN (1)		
4	18:00					2	19:30	NZL (1)	LAT (1)	GER (1)	SLO (2)
	-	RUS	CAN	JPN	NED (1)		-	HKG (2)	AUT (2)	AZE (1)	MAS (2)
	20:30						21:00		SVK (1)	POR (1)	

Venue : Palavesuvio, Napoli

Short Trainings 20 minutes general stretch & 17,5 minutes per rotation

Long Trainings 30 minutes general stretch & 30 minutes per rotation

Warm-up Hall 3				
Time	20 min general stretch apparatus 17'			
08:10 09:40		MIX 1	MIX 2	
11:10 12:40		MIX 3	MIX 4	
13:40 15:10		KOR TPE	FIN ITA	
16:10 17:40		CAN RUS	NED (1) JPN	

Warm-up Hall 2	
Time	20 min general stretch apparatus
09:30 11:00	FREE LONG TRAINING Subd. 3/4
19:00 20:30	FREE LONG TRAINING Subd. 1/2

WAG Competition Hall				
Time	VT	UB	BB	FX
10:00 12:00	MIX 1	MIX 2		
13:00 15:00	MIX 3	MIX 4		
15:30 17:00	KOR TPE	FIN ITA		
18:00 19:30	CAN RUS	NED (1) JPN		

MIX1= CRO (1), ROU (1), TUR (2), IND(2)	MIX2= KAZ(2), UKR(2), NOR(1), ARG(2)	MIX3= LAT(1), NZL (1), AUT (2) HKG (2), SVK (1)	MIX4= SLO(2), GER (1), MAS(2), AZE (1), POR(1)
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Venue : Palavesuvio, Napoli

AA COMPETITION WAG 06/07/2019

Short Trainings 20 minutes general stretch & 17,5 minutes per rotation

Long Trainings 30 minutes general stretch & 30 minutes per rotation

MAG/WAG Competition Hall	
Time	AA Finals
18:30	WAG AA
21:15	Finals

Warm-up Hall 3	
Time	
16:10	WAG AA Finals ONLY
18:10	
20' min General warm up 25' min apparatus	

Warm-up Hall 2	
Time	Open training
09:30	WAG AA Finals
-	Participants ONLY
11:00	Open Training
11:30	WAG
-	C-III Qualifiers + 2 Reserves
13:00	ONLY
16:00	Free training for
18:30	remaining gymnasts

Venue : Palavesuvio, Napoli

-Training schedule WAG-
APPARATUS FINALS COMPETITION WAG 07/07/2019

Warm-up Hall 3		Warm-up Hall 2	
Time	Finalist training	Time	Open training
09:30	WAG APPARATUS FINAL VT , UB	09:00	FREE TRAINING FOR NON COMPETING GYMNASTS
11:10		11:30	
14:30	WAG APPARATUS FINAL BEAM FLOOR		
16:10			

ORDER	1	2	3	4	5	6	7	8
VT 11:30 12:00	6	2	5	3	1	4	7	8
UB 12:30 13:00	1	7	6	5	8	2	3	4
MEDAL AC								
BB 16:30 17:00	8	3	6	1	4	5	2	7
FX 17:30 18:00	4	7	3	2	6	5	8	1
MEDAL AC								

Venue : Palavesuvio, Napoli