

General training 28/06/2019

Long Trainings 20 minutes general stretch & 21 minutes per rotation

Warm-up Hall 1								
Sub	Time	Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
FREE	18:00 - 20:30	LONG	Free training					

Venue : Palavesuvio, Napoli

Warm-up Hall 1 : 1 FX, 2 PH, 2 RG, 1 VT, 2 PB, 2 HB

General training 29/06/2019

Short Trainings 15 minutes general stretch & 12 minutes per rotation

Long Trainings 20 minutes general stretch & 21 minutes per rotation

Warm-up Hall 1								
Subd.	Time	Training	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
FREE	08:30	SHORT	Free training					
	-							
	10:00							
1	14:00	LONG	CRO (2)	BEL (2)	ARM (1)	MEX (2)	AZE (1)	CYP (2)
	-		BLR (2)	LTU (1)	UKR (2)	TUR (2)	BRA (2)	NZL (2)
	16:30		SLO (2)	UZB (2)	NOR (1)	POR (2)	ARG (2)	
2	16:30	LONG	DEN (2)	AUT (2)	SUI (2)	ITA	AUS	USA (2)
	-		ROU (2)		FIN (2)			
	19:00							
3	19:00	LONG	KOR	CAN	FRA	RUS	JPN	TPE
	-							
	21:30							

Venue : Palavesuvio, Napoli

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

Short Trainings 15 minutes general stretch & 12 minutes per rotation

Long Trainings 20 minutes general stretch & 21 minutes per rotation

Warm-up hall 1								
Sub	Time	Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
1	08.30	LONG	CYP (2) NZL (2)	ARG (2)	BEL (2)	SLO (2)	MEX (2)	AZE (1)
	-			CRO (2)	LTU (1)	UKR (2)	TUR (2)	BRA (2)
	10:00			BLR (2)	ARM (1)	UZB (2)	NOR (1)	POR (2)
2	10:00	SHORT	USA (2)	DEN (2)	AUT (2)	SUI (2)	ITA	AUS
	-			ROU (2)		FIN (2)		
3	11:30	SHORT	TPE	KOR	CAN	FRA	RUS	JPN
	-							
1	14:00	SHORT	AZE (1)	CYP (2)	ARG (2)	BEL (2)	SLO (2)	MEX (2)
	-		BRA (2)	NZL (2)	CRO (2)	LTU (1)	UKR (2)	TUR (2)
	15:30		POR (2)	BLR (2)	ARM (1)	UZB (2)	NOR (1)	
2	15:30	LONG	AUS	USA (2)	DEN (2)	AUT (2)	SUI (2)	ITA
	-				ROU (2)		FIN (2)	
3	18:00	LONG	JPN	TPE	KOR	CAN	FRA	RUS
	-							
	20:30							

Venue : Palavesuvio, Napoli

Warm-up Hall 1 : 1 FX, 2 PH, 2 RG, 1 VT, 2 PB, 2 HB

Podium Training MAG 01/07/2019

8:30 -10:30		Men's Judges Istruction & Draw CI-II					
Competition Hall		Warm-up Hall 3			Warm-up Hall 1		
Time	FX,PH,RG,VT,PB,HB	Time	15 min general stretch		Time	15 min general stretch	
10:30 13:30	Subdivision 1	08:50 10:20	Subdivision 1		08:30 10:00	Free training Subd. 2-3	
14:00 16:30	Subdivision 2	12:20 13:50	Subdivision 2		18:00 19:30	Subdivision 1	
17:30 20:00	Subdivision 3	15:50 17:20	Subdivision 3				

MAG Competition Hall						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
10:00 13:00	MIX1	MIX2	MIX3			
14:00 16:30	ITA AUS	MIX4	MIX5			
17:30 20:00	RUS JPN	TPE KOR	CAN FRA			

Warm up Hall 3						
15 m General						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
08:10 09:40		MIX1	MIX2	MIX3		
12:10 13:40		ITA AUS	MIX4	MIX5		
15:40 17:10		RUS JPN	TPE KOR	CAN FRA		

Venue : Palavesuvio, Napoli

General training 02/06/2019

Short Trainings 15 minutes general stretch & 12 minutes per rotation

Long Trainings 20 minutes general stretch & 21,5 minutes per rotation

Warm up Hall 3								
Sub	Time	Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
1	08.30	LONG	MEX (2)	NOR (1)	CYP (2)	ARG (2)	BEL (2)	SLO (2)
	-		TUR (2)	AZE (1)	NZL (2)	CRO (2)	LTU (1)	UKR (2)
	10:00		NOR (1)	BRA (2)		BLR (2)	ARM (1)	UZB (2)
2	10:00	SHORT				DEN (2)		SUI (2)
	-		ITA	AUS	USA (2)	ROU (2)	AUT (2)	FIN (2)
3	11:30	SHORT						
	-		RUS	JPN	TPE	KOR	CAN	FRA
1	14:00	SHORT	SLO (2)	MEX (2)	NOR (1)	CYP (2)	ARG (2)	BEL (2)
	-		UKR (2)	TUR (2)	AZE (1)	NZL (2)	CRO (2)	LTU (1)
	15:30		UZB (2)	NOR (1)	BRA (2)		BLR (2)	ARM (1)
2	15:30	LONG	SUI (2)				DEN (2)	
	-		FIN (2)	ITA	AUS	USA (2)	ROU (2)	AUT (2)
3	18:00	LONG						
	-		FRA	RUS	JPN	TPE	KOR	CAN
	20:30							

Venue : Palavesuvio, Napoli

Warm-up Hall 1 : 1 FX, 2 PH, 2 RG, 1 VT, 2 PB, 2 HB

Competition MAG DAY 1 and Opening Ceremony Day 03/07/2019

MAG Competition Hall						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
10:00 13:00	MIX1	MIX2	MIX3			

Warm-up Hall 3						
15 m General						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
08:10 09:40		MIX1	MIX2	MIX3		

MAG Training Hall 2						
20 m General LONG						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
09:30 11:00			ITA AUS	MIX5	MIX4	
11:00 13:30			RUS JPN	TPE KOR	CAN FRA	

MIXED GROUP 1	MIXED GROUP 2	MIXED GROUP 3	MIXED GROUP 4	MIXED GROUP 5
MEX (2)	CYP (2)	BEL (2)	USA (2)	AUT (2)
TUR (2)	NZL (2)	LTU (1)	DEN (2)	SUI (2)
NOR (1)	ARG (2)	SLO (2)	ROU (2)	FIN (2)
AZE (1)	CRO (2)	ARM (1)		
BRA (2)	BLR (2)	UKR (2)		
POR (2)		UZB (2)		

Venue : Palavesuvio, Napoli

COMPETITION DAY 2 04/07/2019

MAG Competition Hall						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
14:00	ITA	MIX4	MIX5			
16:30	AUS					
17:30	RUS	TPE	CAN			
20:00	JPN	KOR	FRA			

Warm-up Hall 3						
15 m General						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
12:10		ITA	MIX4	MIX5		
13:40		AUS				
15:40		RUS	TPE	CAN		
17:10		JPN	KOR	FRA		

Warm up Hall 1						
20 m General						
Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
09:00						
10:30						
10:30			MIX1	MIX2	MIX3	
12:00						
14:30						
17:00						
17:00				MIX1	MIX2	MIX3
19:30						

MIXED GROUP 1	MIXED GROUP 2	MIXED GROUP 3	MIXED GROUP 4	MIXED GROUP 5
MEX (2)	CYP (2)	BEL (2)	USA (2)	AUT (2)
TUR (2)	NZL (2)	LTU (1)	DEN (2)	SUI (2)
NOR (1)	ARG (2)	SLO (2)	ROU (2)	FIN (2)
AZE (1)	CRO (2)	ARM (1)		
BRA (2)	BLR (2)	UKR (2)		
POR (2)		UZB (2)		

Venue : Palavesuvio, Napoli

General training 05/07/2019

Short Trainings 15 minutes general stretch & 12 minutes per rotation

Long Trainings 20 minutes general stretch & 21,5 minutes per rotation

Warm up Hall 1							
Sub	Time	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
AA FINALIST	08.30				1 - 4 -	11 - 9 -	14 - 16
	-				6 - 3 -	10 - 12	- 17 -
	10:00				2 - 5	- 7 - 8	15 - 18 - 13
	10:30	FREE					
	-						
	12:00						
AA FINALIST	14.00	1 - 4 -	11 - 9 -	14 - 16			
	-	6 - 3 -	10 - 12	- 17 -			
	17:00	2 - 5	- 7 - 8	15 - 18 - 13			
	17:00	FREE					
	-						
	19:30						

Venue : Palavesuvio, Napoli

Warm-up Hall 1 : 1 FX, 2 PH, 2 RG, 1 VT, 2 PB, 2 HB

AA COMPETITION MAG 06/07/2019

Warm-up Hall 1		Warm-up Hall 3	
Time		Time	Open training
11:30	MAG AA Finals Participants ONLY Open Training	09:00	FREE Short training
12:10	MAGC-III Qualifiers + 2 Reserves ONLY	10:30	
14:00	MAG AA Finals Warm-up ONLY	17:00	FREE Long training
		19:30	

MAG/WAG Competition Hall		ROTATION TIME	Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar
Time	AA Finals	1						
		14:05	1 - 4 - 6 - 3 - 2 - 5	11 - 9 - 10 - 12 - 7 - 8	14 - 16 - 17 - 15 - 18 - 13			
14:00		2						
		14:25		4 - 6 - 3 - 2 - 5 - 1	9 - 10 - 12 - 7 - 8 - 11	16 - 17 - 15 - 18 - 13 - 14		
16:00		3						
		14:35			6 - 3 - 2 - 5 - 1 - 4	10 - 12 - 7 - 8 - 11 - 9	17 - 15 - 18 - 13 - 14 - 16	
MAG AA Finals		14:53						
		4						
		14:57				3 - 2 - 5 - 1 - 4 - 6	12 - 7 - 8 - 11 - 9 - 10	15 - 18 - 13 - 14 - 16 - 17
		15:15						
		5	18 - 13 - 14 - 16 - 17 - 15					
		15:19					2 - 5 - 1 - 4 - 6 - 3	7 - 8 - 11 - 9 - 10 - 12
		15:38						
		6	8 - 11 - 9 - 10 - 12 - 7	13 - 14 - 16 - 17 - 18 - 15				
		15:42						5 - 1 - 4 - 6 - 3 - 2
		16:00						

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

Warm-up Hall 3		Warm-up Hall 1	
Time		Time	Open training
09:30	MAG APPARATUS FINAL FX , PH . RG	09:00	FREE TRAINING
10:40		11:30	
14:30	MAG APPARATUS FINAL VO, PP, HB		
15:40			

MAG Competition Hall		ORDER	1	2	3	4	5	6	7	8
Time	Finals	FX								
11:00	11:00		3	8	1	4	7	5	2	6
	11:30									
13:30	PH		2	8	6	5	3	7	4	1
	12:00 12:30									
13:50	RG		5	8	1	6	2	4	3	7
	13:00 13:30									
14:15	MEDAL AC									
Time	Finals	VT								
16:00	16:00		8	3	6	1	4	5	2	7
	16:30									
18:30	PB		4	7	3	2	6	5	8	1
	17:00 17:30									
18:50	HB		6	8	3	2	7	4	1	5
	18:00 18:30									
19:15	MEDAL AC									

Venue : Palavesuvio, Napoli