2020 FRIENDSHIP AND SOLIDARITY COMPETITION

TRAINING SCHEDULE

KEY: **MAG** **WAG**

Note: Gymnasts can use open apparatus if available, only one federation on each podium at a time

Day 1 (Thursday, 05 November)

7:00-7:15	15min	**JPN**	**PCR test (before breakfast)**
7:15-8:00	45min	**JPN**	**Breakfast (Park Tower Tokyo)**
8:25-8:55	30min	**JPN**	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

9:15-9:25	10min	**JPN (WAG)**	**Fujitsu Body Dimension Measurement (BDM)**

1st training (short) 9:30-11:00

Rotations		**JPN**		**Rotations**	**JPN**	
09:30-09:48		Stretch		09:30-09:52	Stretch	
09:48-10:00		PB		09:52-10:09	VT	
10:00-10:12		HB		10:09-10:26	UB	
10:12-10:24		FX		10:26-10:43	BB	
10:24-10:36		PH		10:43-11:00	FX	
10:36-10:48		SR				
10:48-11:00		VT				

*overlap FX for CHN MAG & WAG (9 mins)

MAG 12-minute rotations with 4 gymnasts

WAG 17-minute rotations with 4 gymnasts

11:05-11:15	10min	**JPN (MAG)**	**Fujitsu Body Dimension Measurement (BDM)**
11:20-11:50	30min	**JPN**	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
12:00-13:00	60min	**JPN**	**Lunch (Park Tower Tokyo)**
14:10-14:40	30min	**JPN**	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

2nd training (long) 15:00-17:30

Rotations		**JPN**		**Rotations**	**JPN**	
15:00-15:18		Stretch		15:00-15:30	Stretch	
15:18-15:40		HB		15:30-16:00	FX*	
15:40-16:02		FX*		16:00-16:30	VT	
16:02-16:24		PH		16:30-17:00	UB	
16:24-16:46		SR		17:00-17:30	BB	
16:46-17:08		VT				
17:08-17:30		PB				

*overlap FX for JPN MAG & WAG (20 mins)

MAG 22-minute rotations with 4 gymnasts

WAG 30-minute rotations with 4 gymnasts

17:45-18:15	30min	**JPN**	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
18:35-19:35	60min	**JPN**	**Dinner (Park Tower Tokyo)**

Day 1 (Thursday, 05 November)

8:15-8:30	15min	**USA**	**PCR test (before breakfast)**
8:30-9:30	60min	**USA**	**Breakfast (Park Tower Tokyo)**
11:10-11:40	30min	**USA**	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

1st training (short) 12:00-13:30

Rotations		**USA**		**Rotations**	**USA**	
12:00-12:18		Stretch		12:00-12:22	Stretch	
12:18-12:30		PB		12:22-12:39	VT	
12:30-12:42		HB		12:39-12:56	UB	
12:42-12:54		FX		12:56-13:13	BB	
12:54-13:06		PH		13:13-13:30	FX	
13:06-13:18		SR				
13:18-13:30		VT				

*overlap FX for RUS MAG & WAG (9 mins)

MAG 12-min rotations with 4 gymnasts

WAG 17-minute rotations with 4 gymnasts

13:35-13:45	10min	**USA (MAG)**	**Fujitsu Body Dimension Measurement (BDM)**
13:50-14:20	30min	**USA**	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
14:30-15:30	60min	**USA**	**Lunch (Park Tower Tokyo)**
16:40-17:10	30min	**USA & RUS**	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

2nd training (long) 17:30-20:00

Rotations		**USA**	**RUS**	**Rotations**	**USA**	**RUS**
17:30-17:48		Stretch	Stretch	17:30-18:00	Stretch	Stretch
17:48-18:10		HB	PB	18:00-18:30	FX*	VT
18:10-18:32		FX*	HB	18:30-19:00	VT	UB
18:32-18:54		PH	FX	19:00-19:30	UB	BB
18:54-19:16		SR	PH	19:30-20:00	BB	FX
19:16-19:38		VT	SR			
19:38-20:00		PB	VT			

*overlap FX for USA MAG & WAG (20 mins)

MAG 22-minute rotations with 4 gymnasts

WAG 30-minute rotations with 4 gymnasts

20:15-20:45	30min	**USA & RUS**	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
21:00-22:00	60min	**USA & RUS**	**Dinner (Park Tower Tokyo)**

2020 FRIENDSHIP AND SOLIDARITY COMPETITION

TRAINING SCHEDULE **KEY:** MAG WAG

Day 2 (Friday, 06 November)

7:00-7:15	15min	CHN & USA	PCR test (before breakfast)
7:15-8:00	45min	CHN & USA	Breakfast (Park Tower Tokyo)
8:25-8:55	30min	CHN	Park Tower Tokyo → Yoyogi 1st Gymnasium
8:40-9:10	30min	USA	Park Tower Tokyo → Yoyogi 1st Gymnasium

9:15-9:25	10min	CHN (WAG)	Fujitsu Body Dimension Measurement (BDM)

1st training (short) 9:30-11:00

Rotations		CHN	USA	Rotations	CHN	USA
09:30-09:48		Stretch	Stretch	09:30-09:52	Stretch	Stretch
09:48-10:00		PH	SR	09:52-10:09	BB	UB
10:00-10:12		SR	VT	10:09-10:26	FX	BB
10:12-10:24		VT	PB	10:26-10:43	VT	FX*
10:24-10:36		PB	HB	10:43-11:00	UB	VT
10:36-10:48		HB	FX*			
10:48-11:00		FX	PH			

*overlap FX for USA MAG & WAG (7 mins)

MAG 12-minute rotations with 4 gymnasts

WAG 17-minute rotations with 4 gymnasts

11:05-11:15	10min	CHN (MAG)	Fujitsu Body Dimension Measurement (BDM)
11:15-11:45	30min	USA	Yoyogi 1st Gymnasium → Park Tower Tokyo
11:25-11:55	30min	CHN	Yoyogi 1st Gymnasium → Park Tower Tokyo
12:00-13:00	60min	USA & CHN	Lunch (Park Tower Tokyo)
13:55-14:25	30min	USA	Park Tower Tokyo → Yoyogi 1st Gymnasium
14:10-14:40	30min	CHN	Park Tower Tokyo → Yoyogi 1st Gymnasium

14:45-14:55	10min	USA (WAG)	Fujitsu Body Dimension Measurement (BDM)

2nd training (long) 15:00-17:30 *Podium Training with Music

Rotations		CHN	USA	Rotations	CHN	USA
15:00-15:18		Stretch	Stretch	15:00-15:30	Stretch	Stretch
15:18-15:40		SR	PH	15:30-16:00	UB	BB
15:40-16:02		VT	SR	16:00-16:30	BB	FX
16:02-16:24		PB	VT	16:30-17:00	FX*	VT
16:24-16:46		HB	PB	17:00-17:30	VT	UB
16:46-17:08		FX*	HB			
17:08-17:30		PH	FX			

*overlap FX for CHN MAG & WAG (14 mins)

MAG 22-minute rotations with 4 gymnasts

WAG 30-minute rotations with 4 gymnasts

17:45-18:15	30min	CHN & USA	Yoyogi 1st Gymnasium → Park Tower Tokyo
18:30-19:30	60min	CHN & USA	Dinner (Park Tower Tokyo)
21:00-22:00	60min	Orientation Meeting *on-line (Park Tower Tokyo)	

Day 2 (Friday, 06 November)

8:15-8:30	15min	RUS & JPN	PCR test (before breakfast)
8:30-9:30	60min	RUS & JPN	Breakfast (Park Tower Tokyo)
11:10-11:40	30min	RUS & JPN	Park Tower Tokyo → Yoyogi 1st Gymnasium

1st training (short) 12:00-13:30

Rotations		RUS	JPN	Rotations	RUS	JPN
12:00-12:18		Stretch	Stretch	12:00-12:22	Stretch	Stretch
12:18-12:30		PH	SR	12:22-12:39	BB	UB
12:30-12:42		SR	VT	12:39-12:56	FX	BB
12:42-12:54		VT	PB	12:56-13:13	VT	FX*
12:54-13:06		PB	HB	13:13-13:30	UB	VT
13:06-13:18		HB	FX*			
13:18-13:30		FX	PH			

*overlap FX for JPN MAG & WAG (7 mins)

MAG 12-min rotations with 4 gymnasts

WAG 17-minute rotations with 4 gymnasts

13:45-14:15	30min	RUS & JPN	Yoyogi 1st Gymnasium → Park Tower Tokyo
14:30-15:30	60min	RUS & JPN	Lunch (Park Tower Tokyo)
16:40-17:10	30min	RUS & JPN	Park Tower Tokyo → Yoyogi 1st Gymnasium

2nd training (long) 17:30-20:00 *Podium Training with Music

Rotations		RUS	JPN	Rotations	RUS	JPN
17:30-17:48		Stretch	Stretch	17:30-18:00	Stretch	Stretch
17:48-18:10		SR	PH	18:00-18:30	UB	BB
18:10-18:32		VT	SR	18:30-19:00	BB	FX
18:32-18:54		PB	VT	19:00-19:30	FX*	VT
18:54-19:16		HB	PB	19:30-20:00	VT	UB
19:16-19:38		FX*	HB			
19:38-20:00		PH	FX			

*overlap FX for RUS MAG & WAG (14 mins)

MAG 22-minute rotations with 4 gymnasts

WAG 30-minute rotations with 4 gymnasts

20:15-20:45	30min	RUS & JPN	Yoyogi 1st Gymnasium → Park Tower Tokyo
21:00-22:30	90min	RUS & JPN	Dinner (Park Tower Tokyo)
21:00-22:00	60min	Orientation Meeting *on-line (Park Tower Tokyo)	

2020 FRIENDSHIP AND SOLIDARITY COMPETITION

TRAINING SCHEDULE **KEY:** **MAG** **WAG**

Day 3 (Saturday, 07 November)

7:00-7:15	15min	**RUS & CHN**	**PCR test (before breakfast)**
7:15-8:00	45min	**RUS & CHN**	**Breakfast (Park Tower Tokyo)**
8:10-8:40	30min	**RUS & CHN**	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

1st training (long) 09:00-11:30 ***Podium Training with Music**

Rotations		**RUS**	**CHN**	**Rotations**	**RUS**	**CHN**
09:00-09:18		Stretch	Stretch	09:00-09:30	Stretch	Stretch
09:18-09:40		HB	PB	09:30-10:00	FX*	VT
09:40-10:02		FX*	HB	10:00-10:30	VT	UB
10:02-10:24		PH	FX	10:30-11:00	UB	BB
10:24-10:46		SR	PH	11:00-11:30	BB	FX
10:46-11:08		VT	SR			
11:08-11:30		PB	VT			

*overlap FX for RUS MAG & WAG (20 mins)

MAG 22-minute rotations with 4 gymnasts

WAG 30-minute rotations with 4 gymnasts

11:35-11:45	10min	**RUS (MAG)**	**Fujitsu Body Dimension Measurement (BDM)**
11:45-11:55	10min	**RUS (WAG)**	**Fujitsu Body Dimension Measurement (BDM)**
11:45-12:15	30min	**CHN**	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
12:00-12:30	30min	**RUS**	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
12:30-13:30	60min	**CHN**	**Lunch (Park Tower Tokyo)**
12:45-13:45	60min	**RUS**	**Lunch (Park Tower Tokyo)**
14:40-15:10	30min	**RUS & CHN**	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

2nd training (short) 15:30-17:00

Rotations		**RUS**	**CHN**	**Rotations**	**RUS**	**CHN**
15:30-15:48		Stretch	Stretch	15:30-15:52	Stretch	Stretch
15:48-16:00		PB	HB	15:52-16:09	VT	FX*
16:00-16:12		HB	FX*	16:09-16:26	UB	VT
16:12-16:24		FX	PH	16:26-16:43	BB	UB
16:24-16:36		PH	SR	16:43-17:00	FX	BB
16:36-16:48		SR	VT			
16:48-17:00		VT	PB			

*overlap FX for CHN MAG & WAG (9 mins)

MAG 12-minute rotations with 4 gymnasts

WAG 17-minute rotations with 4 gymnasts

17:15-17:45	30min	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
18:00-19:00	60min	**Dinner (Park Tower Tokyo)**

Day 3 (Saturday, 07 November)

7:45-8:00	15min	**USA & JPN**	**PCR test (before breakfast)**
8:00-9:00	60min	**USA & JPN**	**Breakfast (Park Tower Tokyo)**
10:40-11:10	30min	**USA & JPN**	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

1st training (long) 11:30-14:00 ***Podium Training with Music**

Rotations		**USA**	**JPN**	**Rotations**	**USA**	**JPN**
11:30-11:48		Stretch	Stretch	11:30-12:00	Stretch	Stretch
11:48-12:10		HB	PB	12:00-12:30	FX*	VT
12:10-12:32		FX*	HB	12:30-13:00	VT	UB
12:32-12:54		PH	FX	13:00-13:30	UB	BB
12:54-13:16		SR	PH	13:30-14:00	BB	FX
13:16-13:38		VT	SR			
13:38-14:00		PB	VT			

*overlap FX of USA MAG & WAG (20 mins)

MAG 22-minute rotations with 4 gymnasts

WAG 30-minute rotations with 4 gymnasts

14:15-14:45	30min	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
15:00-16:00	60min	**Lunch (Park Tower Tokyo)**
17:10-17:40	30min	**Park Tower Tokyo → Yoyogi 1st Gymnasium**

2nd training (short) 18:00-19:30

Rotations		**USA**	**JPN**	**Rotations**	**USA**	**JPN**
18:00-18:18		Stretch	Stretch	18:00-18:22	Stretch	Stretch
18:18-18:30		PB	HB	18:22-18:39	VT	FX*
18:30-18:42		HB	FX*	18:39-18:56	UB	VT
18:42-18:54		FX	PH	18:56-19:13	BB	UB
18:54-19:06		PH	SR	19:13-19:30	FX	BB
19:06-19:18		SR	VT			
19:18-19:30		VT	PB			

*overlap FX for JPN MAG & WAG (9 mins)

MAG 12-minute rotations with 4 gymnasts

WAG 17-minute rotations with 4 gymnasts

19:45-20:15	30min	**Yoyogi 1st Gymnasium → Park Tower Tokyo**
20:30-21:30	60min	**Dinner (Park Tower Tokyo)**

2020 FRIENDSHIP AND SOLIDARITY COMPETITION

Warm-up Schedule

KEY: MAG | WAG

(Sunday, 08 November)

7:30-7:45	15min	USA & JPN	PCR test (before breakfast)
7:45-8:00	15min	RUS & CHN	PCR test (before breakfast)
7:45-9:00	75min	ALL	Breakfast (Park Tower Tokyo)
9:30-10:00	30min	ALL	Park Tower Tokyo → Yoyogi 1st Gymnasium

10:30-11:30	60min	Judges' Instruction at FOP

Rot #	Rotations	MAG Blue Friendship	MAG Red Solidarity	WAG Blue Friendship	WAG Red Solidarity
1	10:30-10:58	On floor*	On floor*	Stretch**	Stretch**
2	10:58-11:15	VT	PB	BB & UB	FX
3	11:15-11:32	PB	HB	FX	BB & UB
4	11:32-11:49	HB	FX w/ WAG	BB	FX w/ MAG
5	11:49-12:06	FX w/ WAG	PH	FX w/ MAG	VT
6	12:06-12:23	PH	SR	VT	UB

*Stretch on FX with delegation

**Stretch on podium with delegation VT (CHN), UB (JPN), BB (RUS), PB (USA)

WAG has some extra rotation options because of the schedule

WAG when combined with MAG on FX is tumbling only

All warm-up rotations will be 17 minutes

COMPETITION SCHEDULE

(Sunday, 08 November)

Rot #	Rotations	MAG Blue Friendship	MAG Red Solidarity	WAG Blue Friendship	WAG Red Solidarity
1	13:00-13:30	SR	VT	UB	BB
2	13:30-14:00	VT	PB	BB	FX
3	14:00-14:30	PB	HB	FX	VT
4	14:30-15:00	HB	FX	VT	UB
5	15:00-15:30	FX	PH		
6	15:30-16:00	PH	SR		

All competition rotations will be less than 30 minutes

17:00-17:30	30min	Yoyogi 1st Gymnasium → Park Tower Tokyo
18:00-19:00	60min	Dinner (Park Tower Tokyo)