

2023 EUROPEAN CHAMPIONSHIPS

Women's Artistic

Training Plan Updated 09/04/23



European
Gymnastics



Women's Artistic Gymnastics - Training Schedule - European Championships, Antalya

Sunday 9th April 2023

Training on Request

National Federations who wish to secure a training slot on Sunday 9th April, must submit Appendix 3 to the LOC no later than 48 hours before the Official Arrival Date of Delegations per the Work Plan (i.e. 48 hours before Sunday 9th April 2023)

WAG - Training Hall 1							
Start Time	Duration	End Time					REST
12:00		13:55	Training Session				
12:00	00:15	12:15	General warm up				
12:15	00:20	12:35					
12:35	00:20	12:55					
12:55	00:20	13:15					
13:15	00:20	13:35					
13:35	00:20	13:55					
14:00		15:55	Training Session				
14:00	00:15	14:15	General warm up				
14:15	00:20	14:35					
14:35	00:20	14:55					
14:55	00:20	15:15					
15:15	00:20	15:35					
15:35	00:20	15:55					
16:00		17:55	Training Session				
16:00	00:15	16:15	General warm up				
16:15	00:20	16:35					
16:35	00:20	16:55					
16:55	00:20	17:15					
17:15	00:20	17:35					
17:35	00:20	17:55					
18:00		19:55	Training Session				
18:00	00:15	18:15	General warm up				
18:15	00:20	18:35					
18:35	00:20	18:55					
18:55	00:20	19:15					
19:15	00:20	19:35					
19:35	00:20	19:55					

WAG - Warm-up Hall							
Start Time	Duration	End Time					REST
12:00		13:55	Training Session				
12:00	00:15	12:15	General warm up				
12:15	00:20	12:35					
12:35	00:20	12:55					
12:55	00:20	13:15					
13:15	00:20	13:35					
13:35	00:20	13:55					
14:00		15:55	Training Session				
14:00	00:15	14:15	General warm up				
14:15	00:20	14:35					
14:35	00:20	14:55					
14:55	00:20	15:15					
15:15	00:20	15:35					
15:35	00:20	15:55					
16:00		17:55	Training Session				
16:00	00:15	16:15	General warm up				
16:15	00:20	16:35					
16:35	00:20	16:55					
16:55	00:20	17:15					
17:15	00:20	17:35					
17:35	00:20	17:55					
18:00		19:55	Training Session				
18:00	00:15	18:15	General warm up				
18:15	00:20	18:35					
18:35	00:20	18:55					
18:55	00:20	19:15					
19:15	00:20	19:35					
19:35	00:20	19:55					

Womens Artistic Gymnastics - Training Schedule - European Championships, Antalya

Monday 10th April 2023

Podium Training

WAG- Warm-Up Hall						
Start Time	Duration	End Time				
08:15		09:45	Sub Division 1			
08:15	00:10	08:25	Entrance			
08:25	00:20	08:45	General warm up			
08:45	00:15	09:00	MG 4	SUI / GRE	MG 2 / NOR	SVK / ISL
09:00	00:15	09:15	SVK / ISL	MG 4	SUI / GRE	MG 2 / NOR
09:15	00:15	09:30	MG 2 / NOR	SVK / ISL	MG 4	SUI / GRE
09:30	00:15	09:45	SUI / GRE	MG 2 / NOR	SVK / ISL	MG 4
11:45		13:15	Sub Division 2			
11:45	00:10	11:55	Entrance			
11:55	00:20	12:15	General warm up			
12:15	00:15	12:30	ESP / CRO	ROU / BEL	UKR / POR	FIN / POL
12:30	00:15	12:45	FIN / POL	ESP / CRO	ROU / BEL	UKR / POR
12:45	00:15	13:00	UKR / POR	FIN / POL	ESP / CRO	ROU / BEL
13:00	00:15	13:15	ROU / BEL	UKR / POR	FIN / POL	ESP / CRO
14:15		15:45	Sub Division 3			
14:15	00:10	14:25	Entrance			
14:25	00:20	14:45	General warm up			
14:45	00:15	15:00	SLO / LAT	MG 1 / MG 3	NED / AUT	CZE / LAT
15:00	00:15	15:15	CZE / SWE	SLO / LAT	MG 1 / MG 3	NED / AUT
15:15	00:15	15:30	NED / AUT	CZE / SWE	SLO / LAT	MG 1 / MG 3
15:30	00:15	15:45	MG 1 / MG 3	NED / AUT	CZE / SWE	SLO / LAT
16:45		18:15	Sub Division 4			
16:45	00:10	16:55	Entrance			
16:55	00:20	17:15	General warm up			
17:15	00:15	17:30	TUR / GER	HUN / ITA	FRA / DEN	GBR / IRL
17:30	00:15	17:45	GBR / IRL	TUR / GER	HUN / ITA	FRA / DEN
17:45	00:15	18:00	FRA / DEN	GBR / IRL	TUR / GER	HUN / ITA
18:00	00:15	18:15	HUN / ITA	FRA / DEN	GBR / IRL	TUR / GER

WAG - Field of Play - Podium Training						
Start Time	Duration	End Time				
10:00		12:00	Sub-Division 1			
09:50	00:10	10:00	Entrance to Field of Play			
10:00	00:30	10:30	SUI / GRE	MG 2 / NOR	SVK / ISL	MG 4
10:30	00:30	11:00	MG 4	SUI / GRE	MG 2 / NOR	SVK / ISL
11:00	00:30	11:30	SVK / ISL	MG 4	SUI / GRE	MG 2 / NOR
11:30	00:30	12:00	MG 2 / NOR	SVK / ISL	MG 4	SUI / GRE
13:30		15:30	Sub-Division 2			
13:20		13:30	Entrance to Field of Play			
13:30	00:30	14:00	ROU / BEL	UKR / POR	FIN / POL	ESP / CRO
14:00	00:30	14:30	ESP / CRO	ROU / BEL	UKR / POR	FIN / POL
14:30	00:30	15:00	FIN / POL	ESP / CRO	ROU / BEL	UKR / POR
15:00	00:30	15:30	UKR / POR	FIN / POL	ESP / CRO	ROU / BEL
16:00		18:00	Sub-Division 3			
15:50	00:10	16:00	Entrance to Field of Play			
16:00	00:30	16:30	MG 1 / MG 3	NED / AUT	CZE / SWE	SLO / LAT
16:30	00:30	17:00	SLO / LAT	MG 1 / MG 3	NED / AUT	CZE / SWE
17:00	00:30	17:30	CZE / SWE	SLO / LAT	MG 1 / MG 3	NED / AUT
17:30	00:30	18:00	NED / AUT	CZE / SWE	SLO / LAT	MG 1 / MG 3
18:30		20:30	Sub-Division 4			
18:20	00:10	18:30	Entrance to Field of Play			
18:30	00:30	19:00	HUN / ITA	FRA / DEN	GBR / IRL	TUR / GER
19:00	00:30	19:30	TUR / GER	HUN / ITA	FRA / DEN	GBR / IRL
19:30	00:30	20:00	GBR / IRL	TUR / GER	HUN / ITA	FRA / DEN
20:00	00:30	20:30	FRA / DEN	GBR / IRL	TUR / GER	HUN / ITA

Scheduled Training on the Day of Podium

WAG Training Hall 1						
Start time	Duration	End time				
08:40		10:00	Training Session No. 1			
08:40	00:20	09:00	General warm up			
09:00	00:15	09:15	MG 1 / MG 3	NED / AUT	CZE / SWE	SLO / LAT
09:15	00:15	09:30	SLO / LAT	MG 1 / MG 3	NED / AUT	CZE / SWE
09:30	00:15	09:45	CZE / SWE	SLO / LAT	MG 1 / MG 3	NED / AUT
09:45	00:15	10:00	NED / AUT	CZE / SWE	SLO / LAT	MG 1 / MG 3
10:00		11:20	Training Session No. 2			
10:00	00:20	10:20	General warm up			
10:20	00:15	10:35	HUN / ITA	FRA / DEN	GBR / IRL	TUR / GER
10:35	00:15	10:50	TUR / GER	HUN / ITA	FRA / DEN	GBR / IRL
10:50	00:15	11:05	GBR / IRL	TUR / GER	HUN / ITA	FRA / DEN
11:05	00:15	11:20	FRA / DEN	GBR / IRL	TUR / GER	HUN / ITA
16:00		17:20	Training Session No. 3			
16:00	00:20	16:20	General warm up			
16:20	00:15	16:35	SUI / GRE	MG 2 / NOR	SVK / ISL	MG 4
16:35	00:15	16:50	MG 4	SUI / GRE	MG 2 / NOR	SVK / ISL
16:50	00:15	17:05	SVK / ISL	MG 4	SUI / GRE	MG 2 / NOR
17:05	00:15	17:20	MG 2 / NOR	SVK / ISL	MG 4	SUI / GRE
19:30		20:50	General warm up			
19:30	00:20	19:50	General warm up			
19:50	00:15	20:05	ROU / BEL	UKR / POR	FIN / POL	ESP / CRO
20:05	00:15	20:20	ESP / CRO	ROU / BEL	UKR / POR	FIN / POL
20:20	00:15	20:35	FIN / POL	ESP / CRO	ROU / BEL	UKR / POR
20:35	00:15	20:50	UKR / POR	FIN / POL	ESP / CRO	ROU / BEL

Womens Artistic Gymnastics - Training Schedule - European Championships, Antalya

Tuesday 11th April 2023

Scheduled Training

WAG - Training Hall 1							
Start Time	Duration	End Time					REST
08:30		10:25	Training Session No. 1				Short
08:30	00:15	08:45	General warm up				
08:45	00:20	09:05	SUI	GRE	MG 2	NOR	SVK / MON
09:05	00:20	09:25	SVK / MON	SUI	GRE	MG 2	NOR
09:25	00:20	09:45	NOR	SVK / MON	SUI	GRE	MG 2
09:45	00:20	10:05	MG 2	NOR	SVK / MON	SUI	GRE
10:05	00:20	10:25	GRE	MG 2	NOR	SVK / MON	SUI
10:25		12:20	Training Session No. 1				Short
10:25	00:15	10:40	General warm up				
10:40	00:20	11:00	ISL / SRB	MG 4	ROU	BEL	UKR
11:00	00:20	11:20	UKR	ISL / SRB	MG 4	ROU	BEL
11:20	00:20	11:40	BEL	UKR	ISL / SRB	MG 4	ROU
11:40	00:20	12:00	ROU	BEL	UKR	ISL / SRB	MG 4
12:00	00:20	12:20	MG 4	ROU	BEL	UKR	ISL / SRB
12:20		14:15	Training Session No. 1				Short
12:20	00:15	12:35	General warm up				
12:35	00:20	12:55	POR	FIN	POL	ESP	CRO
12:55	00:20	13:15	CRO	POR	FIN	POL	ESP
13:15	00:20	13:35	ESP	CRO	POR	FIN	POL
13:35	00:20	13:55	POL	ESP	CRO	POR	FIN
13:55	00:20	14:15	FIN	POL	ESP	CRO	POR
14:15		16:35	Training Session No. 2				Long
14:15	00:15	14:30	General warm up				
14:30	00:25	14:55	SWE	MG 3 / LUX	NED	AUT	CZE
14:55	00:25	15:20	CZE	SWE	MG 3 / LUX	NED	AUT
15:20	00:25	15:45	AUT	CZE	SWE	MG 3 / LUX	NED
15:45	00:25	16:10	NED	AUT	CZE	SWE	MG 3 / LUX
16:10	00:25	16:35	MG 3 / LUX	NED	AUT	CZE	SWE
16:35		18:55	Training Session No. 2				Long
16:35	00:15	16:50	General warm up				
16:50	00:25	17:15	FRA	SLO / GEO	LAT	HUN	ITA
17:15	00:25	17:40	ITA	FRA	SLO / GEO	LAT	HUN
17:40	00:25	18:05	HUN	ITA	FRA	SLO / GEO	LAT
18:05	00:25	18:30	LAT	HUN	ITA	FRA	SLO / GEO
18:30	00:25	18:55	SLO / GEO	LAT	HUN	ITA	FRA
18:55		21:15	Training Session No. 2				Long
18:55	00:15	19:10	General warm up				
19:10	00:25	19:35	GER	DEN	GBR	IRL	TUR
19:35	00:25	20:00	TUR	GER	DEN	GBR	IRL
20:00	00:25	20:25	IRL	TUR	GER	DEN	GBR
20:25	00:25	20:50	GBR	IRL	TUR	GER	DEN
20:50	00:25	21:15	DEN	GBR	IRL	TUR	GER

WAG - Warm-up Hall							
Start time	Duration	End time					REST
08:30		10:25	Training Session No. 1				Short
08:30	00:15	08:45	General warm up				
08:45	00:20	09:05	MG 3 / LUX	NED	AUT	CZE	SWE
09:05	00:20	09:25	SWE	MG 3 / LUX	NED	AUT	CZE
09:25	00:20	09:45	CZE	SWE	MG 3 / LUX	NED	AUT
09:45	00:20	10:05	AUT	CZE	SWE	MG 3 / LUX	NED
10:05	00:20	10:25	NED	AUT	CZE	SWE	MG 3 / LUX
10:25		12:20	Training Session No. 1				Short
10:25	00:15	10:40	General warm up				
10:40	00:20	11:00	SLO / GEO	LAT	HUN	ITA	FRA
11:00	00:20	11:20	FRA	SLO / GEO	LAT	HUN	ITA
11:20	00:20	11:40	ITA	FRA	SLO / GEO	LAT	HUN
11:40	00:20	12:00	HUN	ITA	FRA	SLO / GEO	LAT
12:00	00:20	12:20	LAT	HUN	ITA	FRA	SLO / GEO
12:20		14:15	Training Session No. 1				Short
12:20	00:15	12:35	General warm up				
12:35	00:20	12:55	DEN	GBR	IRL	TUR	GER
12:55	00:20	13:15	GER	DEN	GBR	IRL	TUR
13:15	00:20	13:35	TUR	GER	DEN	GBR	IRL
13:35	00:20	13:55	IRL	TUR	GER	DEN	GBR
13:55	00:20	14:15	GBR	IRL	TUR	GER	DEN
14:15		16:35	Training Session No. 2				Long
14:15	00:15	14:30	General warm up				
14:30	00:25	14:55	SVK / MON	SUI	GRE	MG 2	NOR
14:55	00:25	15:20	NOR	SVK / MON	SUI	GRE	MG 2
15:20	00:25	15:45	MG 2	NOR	SVK / MON	SUI	GRE
15:45	00:25	16:10	GRE	MG 2	NOR	SVK / MON	SUI
16:10	00:25	16:35	SUI	GRE	MG 2	NOR	SVK / MON
16:35		18:55	Training Session No. 2				Long
16:35	00:15	16:50	General warm up				
16:50	00:25	17:15	UKR	ISL / SRB	MG 4	ROU	BEL
17:15	00:25	17:40	BEL	UKR	ISL / SRB	MG 4	ROU
17:40	00:25	18:05	ROU	BEL	UKR	ISL / SRB	MG 4
18:05	00:25	18:30	MG 4	ROU	BEL	UKR	ISL / SRB
18:30	00:25	18:55	ISL / SRB	MG 4	ROU	BEL	UKR
18:55		21:15	Training Session No 2				Long
18:55	00:15	19:10	General warm up				
19:10	00:25	19:35	CRO	POR	FIN	POL	ESP
19:35	00:25	20:00	ESP	CRO	POR	FIN	POL
20:00	00:25	20:25	POL	ESP	CRO	POR	FIN
20:25	00:25	20:50	FIN	POL	ESP	CRO	POR
20:50	00:25	21:15	POR	FIN	POL	ESP	CRO

Women's Artistic Gymnastics - Training Schedule - European Championships, Antalya

Wednesday 12th April 2023

Qualification Competition

WAG- Warm-Up Hall						
Start Time	Duration	End Time				
08:15		09:45	Sub Division 1			
08:15	00:10	08:25	Entrance			
08:25	00:20	08:45	General warm up			
08:45	00:15	09:00	MG 4	SUI / GRE	MG 2 / NOR	SVK / ISL
09:00	00:15	09:15	SVK / ISL	MG 4	SUI / GRE	MG 2 / NOR
09:15	00:15	09:30	MG 2 / NOR	SVK / ISL	MG 4	SUI / GRE
09:30	00:15	09:45	SUI / GRE	MG 2 / NOR	SVK / ISL	MG 4
11:45		13:15	Sub Division 2			
11:45	00:10	11:55	Entrance			
11:55	00:20	12:15	General warm up			
12:15	00:15	12:30	ESP / CRO	ROU / BEL	UKR / POR	FIN / POL
12:30	00:15	12:45	FIN / POL	ESP / CRO	ROU / BEL	UKR / POR
12:45	00:15	13:00	UKR / POR	FIN / POL	ESP / CRO	ROU / BEL
13:00	00:15	13:15	ROU / BEL	UKR / POR	FIN / POL	ESP / CRO
14:15		15:45	Sub Division 3			
14:15	00:10	14:25	Entrance			
14:25	00:20	14:45	General warm up			
14:45	00:15	15:00	SLO / LAT	MG 1 / MG 3	NED / AUT	CZE / SWE
15:00	00:15	15:15	CZE / SWE	SLO / LAT	MG 1 / MG 3	NED / AUT
15:15	00:15	15:30	NED / AUT	CZE / SWE	SLO / LAT	MG 1 / MG 3
15:30	00:15	15:45	MG 1 / MG 3	NED / AUT	CZE / SWE	SLO / LAT
16:45		18:15	Sub Division 4			
16:45	00:10	16:55	Entrance			
16:55	00:20	17:15	General warm up			
17:15	00:15	17:30	TUR / GER	HUN / ITA	FRA / DEN	GBR / IRL
17:30	00:15	17:45	GBR / IRL	TUR / GER	HUN / ITA	FRA / DEN
17:45	00:15	18:00	FRA / DEN	GBR / IRL	TUR / GER	HUN / ITA
18:00	00:15	18:15	HUN / ITA	FRA / DEN	GBR / IRL	TUR / GER

WAG - Field of Play - Qualification Competition						
Start Time	Duration	End Time				
10:00		12:00	Sub-Division 1			
09:50	00:10	10:00	Entrance to Field of Play			
10:00	00:30	10:30	SUI / GRE	MG 2 / NOR	SVK / ISL	MG 4
10:30	00:30	11:00	MG 4	SUI / GRE	MG 2 / NOR	SVK / ISL
11:00	00:30	11:30	SVK / ISL	MG 4	SUI / GRE	MG 2 / NOR
11:30	00:30	12:00	MG 2 / NOR	SVK / ISL	MG 4	SUI / GRE
13:30		15:30	Sub-Division 2			
13:20		13:30	Entrance to Field of Play			
13:30	00:30	14:00	ROU / BEL	UKR / POR	FIN / POL	ESP / CRO
14:00	00:30	14:30	ESP / CRO	ROU / BEL	UKR / POR	FIN / POL
14:30	00:30	15:00	FIN / POL	ESP / CRO	ROU / BEL	UKR / POR
15:00	00:30	15:30	UKR / POR	FIN / POL	ESP / CRO	ROU / BEL
16:00		18:00	Sub-Division 3			
15:50	00:10	16:00	Entrance to Field of Play			
16:00	00:30	16:30	MG 1 / MG 3	NED / AUT	CZE / SWE	SLO / LAT
16:30	00:30	17:00	SLO / LAT	MG 1 / MG 3	NED / AUT	CZE / SWE
17:00	00:30	17:30	CZE / SWE	SLO / LAT	MG 1 / MG 3	NED / AUT
17:30	00:30	18:00	NED / AUT	CZE / SWE	SLO / LAT	MG 1 / MG 3
18:30		20:30	Sub-Division 4			
18:20	00:10	18:30	Entrance to Field of Play			
18:30	00:30	19:00	HUN / ITA	FRA / DEN	GBR / IRL	TUR / GER
19:00	00:30	19:30	TUR / GER	HUN / ITA	FRA / DEN	GBR / IRL
19:30	00:30	20:00	GBR / IRL	TUR / GER	HUN / ITA	FRA / DEN
20:00	00:30	20:30	FRA / DEN	GBR / IRL	TUR / GER	HUN / ITA

Womens Artistic Gymnastics - Training Schedule - European Championships, Antalya

Thursday 13th April 2023

Scheduled Training for Apparatus Finalists

WAG - Warm-up Hall						
Start Time	Duration	End Time				
10:30	02:00	12:30				
Open Training for Apparatus Qualifiers						

Scheduled Training for All-Around Finalists

WAG - Warm-up Hall						
Start Time	Duration	End Time				
16:30		18:45	Training Session			
16:30	00:15	16:45	General warm up			
16:45	00:30	17:15	Group 1	Group 2	Group 3	Group 4
17:15	00:30	17:45	Group 4	Group 1	Group 2	Group 3
17:45	00:30	18:15	Group 3	Group 4	Group 1	Group 2
18:15	00:30	18:45	Group 2	Group 3	Group 4	Group 1

Composition of the Groups for AAF Training	
Group 1 =	Ranked 1-6 after QC
Group 2 =	Ranked 7-12 after QC
Group 3 =	Ranked 13-18 after QC
Group 4 =	Ranked 19 - 24 after QC

Training on Request for Qualified & Non-Qualified Gymnasts

Priority will be given to Qualified Gymnasts.

For Additional Training during the event the National Federation must submit Appendix 3 to the LOC Information Desk, a minimum of 24 hours before the proposed training session

WAG - Training Hall 1						
						
10:30		12:25	Training Session			
10:30	00:15	10:45	General warm up			
10:45	00:25	11:10				
11:10	00:25	11:35				
11:35	00:25	12:00				
12:00	00:25	12:25				

Composition of the Groups for TOR Max. 6 Per Group	
Group 1 =	
Group 2 =	
Group 3 =	
Group 4 =	

WAG - Training Hall 1						
						
12:30		14:25	Training Session			
12:30	00:15	12:45	General warm up			
12:45	00:25	13:10				
13:10	00:25	13:35				
13:35	00:25	14:00				
14:00	00:25	14:25				

Composition of the Groups for TOR Max. 6 per Group	
Group 5 =	
Group 6 =	
Group 7 =	
Group 8 =	

WAG - Training Hall 1						
						
14:30		16:25	Training Session			
14:30	00:15	14:45	General warm up			
14:45	00:25	15:10				
15:10	00:25	15:35				
15:35	00:25	16:00				
16:00	00:25	16:25				

Composition of the Groups for TOR Max. 6 per Group	
Group 9 =	
Group 10 =	
Group 11 =	
Group 12 =	

Women's Artistic Gymnastics - Training Schedule - European Championships, Antalya

Friday 14th April 2023

All-Around Finals

WAG ALL-AROUND FINAL : Warm-up Hall						
Start Time	Duration	End Time				
14:15	00:10	14:25	Entrance			
14:25		15:45	Warm-up prior to the Competition			
14:25	00:20	14:45	General warm up			
14:45	00:15	15:00	20, 19, 24, 23, 22, 21	2, 1, 6, 5, 4, 3	8, 7, 12, 11, 10, 9	14, 13, 18, 17, 16, 15
15:00	00:15	15:15	13, 18, 17, 16, 15, 14	19, 24, 23, 22, 21, 20	1, 6, 5, 4, 3, 2	7, 12, 11, 10, 9, 8
15:15	00:15	15:30	12, 11, 10, 9, 8, 7	18, 17, 16, 15, 14, 13	24, 23, 22, 21, 20, 19	6, 5, 4, 3, 2, 1
15:30	00:15	15:45	3, 2, 1, 6, 5, 4	9, 8, 7, 12, 11, 10	15, 14, 13, 18, 17, 16	21, 20, 19, 24, 23, 22

WAG ALL-AROUND FINAL - Field of Play						
Start time	Duration	End time				
15:50		16:00	Entrance to the Field of Play			
16:00	02:00	18:00	WAG All Around Final			
16:00	00:24	16:24	3, 2, 1, 6, 5, 4	9, 8, 7, 12, 11, 10	15, 14, 13, 18, 17, 16	21, 20, 19, 24, 23, 22
16:24	00:27	16:51	20, 19, 24, 23, 22, 21	2, 1, 6, 5, 4, 3	8, 7, 12, 11, 10, 9	14, 13, 18, 17, 16, 15
16:51	00:27	17:18	13, 18, 17, 16, 15, 14	19, 24, 23, 22, 21, 20	1, 6, 5, 4, 3, 2	7, 12, 11, 10, 9, 8
17:18	00:28	17:46	12, 11, 10, 9, 8, 7	18, 17, 16, 15, 14, 13	24, 23, 22, 21, 20, 19	6, 5, 4, 3, 2, 1
17:52	00:08	18:00	Award Ceremony			

Scheduled Training for Apparatus Finalists

WAG - Warm-Up Hall						
Start Time	Duration	End Time				
10:30	02:00	12:30				
Open Training No. 1 - Apparatus Qualifiers - Day 1 & 2						

WAG - Warm-Up Hall						
Start Time	Duration	End Time				
18:30	02:00	20:30	Warm-up Hall			
Open Training No. 2 for Apparatus Qualifiers - Day 1 & 2						

Training on Request for Qualified & Non-Qualified Gymnasts

Priority will be given to Qualified Gymnasts.

For Additional Training during the event the National Federation must submit Appendix 3 to the LOC Information Desk, a minimum of 24 hours before the proposed training session

WAG - Training Hall 1						
						
10:30		12:25	Training Session			
10:30	00:15	10:45	General warm up			
10:45	00:25	11:10				
11:10	00:25	11:35				
11:35	00:25	12:00				
12:00	00:25	12:25				

WAG - Training Hall 1						
						
12:25		14:20	Training Session			
12:25	00:15	12:40	General warm up			
12:40	00:25	13:05				
13:05	00:25	13:30				
13:30	00:25	13:55				
13:55	00:25	14:20				

WAG - Training Hall 1						
						
18:30		20:25	Training Session			
18:30	00:15	18:45	General warm up			
18:45	00:25	19:10				
19:10	00:25	19:35				
19:35	00:25	20:00				
20:00	00:25	20:25				

Composition of the Groups for TOR Max. 6 per Group	
Group 1 =	
Group 2 =	
Group 3 =	
Group 4 =	

Composition of the Groups for TOR Max. 6 per Group	
Group 5 =	
Group 6 =	
Group 7 =	
Group 8 =	

Composition of the Groups for TOR Max. 6 per Group	
Group 9 =	
Group 10 =	
Group 11 =	
Group 12 =	

Women's Artistic Gymnastics - Training Schedule - European Championships, Antalya

Saturday 15th April 2023

Apparatus Finals - Day 1

Women's Artistic: Warm-Up Hall				
Start Time	Duration	End Time		
11:30	04:25	15:55		
Apparatus Finals Day 1 - Open Warm-up				

Women's & Mens Artistic Gymnastics - Apparatus Finals Day 1				
Start Time	Duration			
12:00		13:00	Open Warm-up on the Field of Play	
13:30	00:30	14:00	MAG Floor	
14:02	00:08	14:10	Award Ceremony - MAG Floor	
14:10	00:45	14:55	MAG Pommel Horse & WAG Vault	
14:57	00:13	15:10	Award Ceremonies - MAG Pommel Horse & WAG Vault	
15:10	00:45	15:55	MAG Rings & WAG Uneven Bars	
15:57	00:13	16:10	Award Ceremonies - MAG Rings & WAG Uneven Bars	

Training on Request for Qualified & Non-Qualified Gymnasts

Priority will be given to Qualified Gymnasts.

For Additional Training during the event the National Federation must submit Appendix 3 to the LOC Information Desk, a minimum of 24 hours before the proposed training session

Scheduled Training for Apparatus Finalists - Day 2

WAG - Warm-up Hall				
Start Time	Duration	End Time		
17:00	01:30	18:30		
Open Training - Apparatus Qualifiers - Day 2				

WAG - Training Hall 1						
Start Time	Duration	End Time				
10:00	01:35	11:35				
10:00	00:15	10:15	General warm up			
10:15	00:20	10:35				
10:35	00:20	10:55				
10:55	00:20	11:15				
11:15	00:20	11:35				

Composition of the Groups for TOR Max. 6 Per Group	
Group 1	
Group 2	
Group 3	
Group 4	

WAG - Training Hall 1							
Start Time	Duration	End Time					
11:35	01:35	13:10					
11:35	00:15	11:50	General warm up				
11:50	00:20	12:10					
12:10	00:20	12:30					
12:30	00:20	12:50					
12:50	00:20	13:10					

Composition of the Groups for TOR Max. 6 Per Group	
Group 5	
Group 6	
Group 7	
Group 8	

Women's Artistic Gymnastics - Training Schedule - European Championships, Antalya

Sunday 16th April 2023

Apparatus Finals - Day 2

Women's Artistic: Warm-Up Hall				
Start Time	Duration	End Time		
11:00	04:30	15:30		
Apparatus Finals Day 2 - Open Warm-up				

Women's & Mens Artistic Gymnastics - Apparatus Finals Day 1				
Start Time	Duration	End Time		
11:30	01:00	12:30	Open Warm Up on the Competition Podium	
13:00	00:45	13:45	WAG Beam & MAG Vault	
13:47	00:13	14:00	Award Ceremonies - WAG Beam & MAG Vault	
14:00	00:45	14:45	WAG Floor & MAG Parallel Bars	
14:47	00:13	15:00	Award Ceremonies - WAG Floor & MAG Parallel Bars	
15:00	00:30	15:30	MAG High Bar	
15:32	00:08	15:40	Award Ceremony - MAG High Bar	



European
Gymnastics

*Wishing you all the very
Best of Luck!*

*Anca, Sabrina, Christine, Orna,
Fabienne, Maria & Máiréad*

