



## Laugabóli, Ármanni FFR ( Ármann, Fjölnir og Fylkir )

Laugardagurinn 3. febrúar

### Hluti 1

#### Women- Junior (1/2)

Attending	10:30:00
Warm up	10:40:00
Apparatus Warm up ( 7 min pr ap)	11:00:00
Apparatus Warm ends	11:27:00
March In	11:40:00
Competiton Starts	11:50:00
Competition Ends	13:20:00
Price ceremony	17:50:00

Competition				
Women				
Round	Vault	Bars	Beam	Floor
1	1	2	3	
2		1	2	3
3	3		1	2
4	2	3		1

### Hluti 2

#### Women - Senior and Junior (2/2)

#### Men - Senior and Junior

Attending	13:10:00
Warm up	13:20:00
Apparatus Warm up ( 10/15 min pr ap)	13:40:00
Apparatus Warm ends	14:40:00
March In	15:00:00
Competiton Starts	15:15:00
Competition Ends	17:45:00
Price ceremony	17:50:00

Competition				
Women				
Round	Vault	Bars	Beam	Floor
1	1	2	3	4
2	4	1	2	3
3	3	4	1	2
4	2	3	4	1

  

Men						
Round	Floor	PH	Rings	Vault	PB	HB
1	1	2	3			
2	3	1	2			
3	2	3	1			
4				1	2	3
5				3	1	2
6				2	3	1

## Warm up Schedule

Warm up Schedule						
Women						
Umferð	Vault	Bars	Beam	Floor		
1	4	1	2	3		
2	3	4	1	2		
3	2	3	4	1		
4	1	2	3	4		
Men						
Umferð	Floor	PH	Rings	Vault	PB	HB
1				2	3	1
2				3	1	2
3				1	2	3
4	2	3	1			
5	3	1	2			
6	1	2	3			

## Detailed Competition plan

Competition						
Womens						
Round	Vault	Bars	Beam	Floor		
15:40-16:10	1	2	3	4		
16:10-16:40	4	1	2	3		
16:40-17:10	3	4	1	2		
17:10-17:40	2	3	4	1		
Mens						
Round	Floor	PH	Rings	Vault	PB	HB
15:15-15:40	1	2	3			
15:40-16:05	3	1	2			
16:05-16:30	2	3	1			
16:30-16:55				1	2	3
16:55-17:20				3	1	2
17:20-17:45				2	3	1