

# SCHEDULE 1

## Friday July 1<sup>st</sup> 2022 Training Group 1: FIN/DEN

	MAG					
14:00 – 14:20	General warm-up 20 min – 18 min per apparatus					
	FLOOR	POMMEL HORSE	RINGS	VAULT	PARALLEL BARS	HIGH BAR
14:20 – 14:38	FIN-senior			FIN-junior	DEN-senior	DEN-junior
14:38 – 14:56	DEN-junior	FIN-senior			FIN-junior	DEN-senior
14:56 – 15:14	DEN-senior	DEN-junior	FIN-senior			FIN-junior
15:14 – 15:32	FIN-junior	DEN-senior	DEN-junior	FIN-senior		
15:32 – 15:50		FIN-junior	DEN-senior	DEN-junior	FIN-senior	
15:50 – 16:08			FIN-junior	DEN-senior	DEN-junior	FIN-senior

	WAG			
14:00 – 14:20	General warm-up 20 min – 25 min per apparatus			
	VAULT	BARS	BEAM	FLOOR
14:20 – 14:45	FIN-senior	FIN-junior	DEN-senior	DEN-junior
14:45 – 15:10	DEN-junior	FIN-senior	FIN-junior	DEN-senior
15:10 – 15:35	DEN-senior	DEN-junior	FIN-senior	FIN-junior
15:35 – 16:00	FIN-junior	DEN-senior	DEN-junior	FIN-senior

## SCHEDULE 2

### Friday July 1<sup>st</sup> 2022 Training Group 2 : SWE/NOR/FAR

	MAG					
16:00 – 16:20	General warm-up 20 min – 18 min per apparatus					
	FLOOR	POMMEL HORSE	RINGS	VAULT	PARALLEL BARS	HIGH BAR
16:20 – 16:38	SWE-senior	SWE-junior	NOR-senior	NOR-junior	FAR-senior/junior	
16:38 – 16:56		SWE-senior	SWE-junior	NOR-senior	NOR-junior	FAR-senior/junior
16:56 – 17:14	FAR-senior/junior		SWE-senior	SWE-junior	NOR-senior	NOR-junior
17:14 – 17:32	NOR-junior	FAR-senior/junior		SWE-senior	SWE-junior	NOR-senior
17:32 – 17:50	NOR-senior	NOR-junior	FAR-senior/junior		SWE-senior	SWE-junior
17:50 – 18:08	SWE-junior	NOR-senior	NOR-junior	FAR-senior/junior		SWE-senior

	WAG			
16:00 – 16:20	General warm-up 20 min – 25 min per apparatus			
	VAULT	BARS	BEAM	FLOOR
16:20 – 16:45	SWE-senior/junior	NOR-senior	Nor-junior	FAR-senior/junior
16:45 – 17:10	FAR-senior/junior	SWE-senior/junior	NOR-senior	Nor-junior
17:10 – 17:35	Nor-junior	FAR-senior/junior	SWE-senior/junior	NOR-senior
17:35 – 18:00	NOR-senior	Nor-junior	FAR-senior/junior	SWE-senior/junior

# SCHEDULE 3

## Saturday July 2<sup>nd</sup> 2022 Warm-up Juniors

	MAG					
08:00-8:20	General warm-up 20 min - apparatus warm-up 10 min					
	FLOOR	POMMEL HORSE	RINGS	VAULT	PARALLEL BARS	HIGH BAR
08:20 – 08:30		ISL/FAR	FIN	SWE	DEN	NOR
08:30 – 08:40	NOR		ISL/FAR	FIN	SWE	DEN
08:40 – 08:50	DEN	NOR		ISL/FAR	FIN	SWE
08:50 – 09:00	SWE	DEN	NOR		ISL/FAR	FIN
09:00 – 09:10	FIN	SWE	DEN	NOR		ISL/FAR
09:10 – 09:20	ISL/FAR	FIN	SWE	DEN	NOR	

	WAG				
08:00 – 08:20	General warm-up 20 min - apparatus warm-up 12 min				
	VAULT	BARS	BEAM	FLOOR	WAIT
08:20 – 08:32	DEN	NOR	FAR/SWE	ISL	FIN
08:32 – 08:44	FIN	DEN	NOR	FAR/SWE	ISL
08:44 – 08:56	ISL	FIN	DEN	NOR	FAR/SWE
08:56 – 09:08	FAR/SWE	ISL	FIN	DEN	NOR
09:08 - 09:20	NOR	FAR/SWE	ISL	FIN	DEN

# SCHEDULE 4

Saturday July 2<sup>nd</sup> 2022  
 MAG and WAG Junior Team and All-around Competition  
 9:40 – 13:10

MAG ROTATION	1	2	3	4	5	6	7	8	9	10
TIME	9:40-10:01	10:01-10:22	10:22-10:43	10:43-11:04	11:04-11:25	11:25-11:46	11:46-12:07	12:07-12:28	12:28-12:49	12:49-13:10
FLOOR	ISL/FAR	FIN	SWE	DEN	NOR					
POMMEL HORSE			ISL/FAR	FIN	SWE	DEN	NOR			
RINGS				ISL/FAR	FIN	SWE	DEN	NOR		
VAULT						ISL/FAR	FIN	SWE	DEN	NOR
PARALLEL BARS	DEN	NOR						ISL/FAR	FIN	SWE
HIGH BAR	SWE	DEN	NOR						ISL/FAR	FIN

WAG ROTATION	1	2	3	4	5	6	7	8	9	10
TIME	9:40-10:01	10:01-10:22	10:22-10:43	10:43-11:04	11:04-11:25	11:25-11:46	11:46-12:07	12:07-12:28	12:28-12:49	12:49-13:10
VAULT	NOR	FAR/SWE	ISL	FIN	DEN					
UNEVEN BARS	FIN	DEN	NOR	FAR/SWE	ISL					
BEAM						DEN	FIN	FAR/SWE	ISL	NOR
FLOOR						FAR/SWE	ISL	NOR	DEN	FIN

# SCHEDULE 5

## Saturday July 2<sup>nd</sup> 2022 Warm-up Seniors sub 1

	MAG					
13:30 – 13:50	General warm-up 20 min - apparatus warm-up 10 min					
	FLOOR	POMMEL HORSE	RINGS	VAULT	PARALLEL BARS	HIGH BAR
13:50 – 14:00		ISL	FIN	SWE		
14:00 – 14:10			ISL	FIN	SWE	
14:10 – 14:20				ISL	FIN	SWE
14:20 – 14:30	SWE				ISL	FIN
14:30 – 14:40	FIN	SWE				ISL
14:40 – 14:50	ISL	FIN	SWE			

	WAG			
13:30 – 13:50	General warm-up 20 min – 15 min per apparatus			
	VAULT	BARS	BEAM	FLOOR
13:50 – 14:05		NOR	FAR	ISL
14:05 – 14:20	ISL		NOR	FAR
14:20 – 14:35	FAR	ISL		NOR
14:35 – 14:50	NOR	FAR	ISL	

# SCHEDULE 6

**Saturday July 2<sup>nd</sup> 2022**  
**MAG and WAG Senior Team and All-around Competition**  
**SUB1 15:20 – 17:10**

MAG ROTATION	1	2	3	4	5	6
TIME	15:20-15:38	15:38-15:56	15:56-16:14	16:14-16:32	16:32-16:50	16:50-17:08
FLOOR	ISL	FIN	SWE			
POMMEL HORSE		ISL	FIN	SWE		
RINGS			ISL	FIN	SWE	
VAULT				ISL	FIN	SWE
PARALLEL BARS	SWE				ISL	FIN
HIGH BAR	FIN	SWE				ISL

WAG ROTATION	1	2	3	4	5	6
TIME	15:20-15:38	15:38-15:56	15:56-16:14	16:14-16:32	16:32-16:50	16:50-17:08
VAULT	NOR	FAR	ISL			
UNEVEN BARS	FAR	ISL	NOR			
BEAM				FAR	ISL	NOR
FLOOR				ISL	NOR	FAR

# SCHEDULE 7

## Saturday July 2<sup>nd</sup> 2022 Warm-up Seniors sub 2

	MAG					
17:20 – 17:40	General warm-up 20 min - apparatus warm-up 10 min					
	FLOOR	POMMEL HORSE	RINGS	VAULT	PARALLEL BARS	HIGH BAR
17:40 – 17:50		DEN	NOR	FAR		
17:50 – 18:00			DEN	NOR	FAR	
18:00 – 18:10				DEN	NOR	FAR
18:10 – 18:20	FAR				DEN	NOR
18:20 – 18:30	NOR	FAR				DEN
18:30 – 18:40	DEN	NOR	FAR			

	WAG			
17:20 – 17:40	General warm-up 20 min – 15 min per apparatus			
	VAULT	BARS	BEAM	FLOOR
17:40 – 17:55		FIN	SWE	DEN
17:55 – 18:10	DEN		FIN	SWE
18:10 – 18:25	SWE	DEN		FIN
18:25 – 18:40	FIN	SWE	DEN	

## SCHEDULE 8

Saturday July 2<sup>nd</sup> 2022  
MAG and WAG Senior Team and All-around Competition  
SUB2 18:50 – 20:40

MAG ROTATION	1	2	3	4	5	6
TIME	18:50-19:08	19:08-19:26	19:26-19:44	19:44-20:02	20:02-20:20	20:20-20:38
FLOOR	DEN	NOR	FAR			
POMMEL HORSE		DEN	NOR	FAR		
RINGS			DEN	NOR	FAR	
VAULT				DEN	NOR	FAR
PARALLEL BARS	FAR				DEN	NOR
HIGH BAR	NOR	FAR				DEN

WAG ROTATION	1	2	3	4	5	6
TIME	18:50-19:08	19:08-19:26	19:26-19:44	19:44-20:02	20:02-20:20	20:20-20:38
VAULT	FIN	SWE	DEN			
UNEVEN BARS	SWE	DEN	FIN			
BEAM				SWE	DEN	FIN
FLOOR				DEN	FIN	SWE



# SCHEDULE 9

## Sunday July 3<sup>rd</sup> 2022 Apparatus Finals Juniors and Seniors

MAG

WAG

TIME	ROTATION	FLOOR	P.HORSE	RINGS	VAULT	P.BARS	H.BAR	ROTATION	VAULT	BARS	BEAM	FLOOR
11:05 – 11:30	1	juniors						1	juniors			
11:30 – 11:55	2	seniors	juniors					2	seniors			
11:55 – 12:25	3		seniors	juniors				3		juniors		
12:25 – 12:50	4			seniors				4		seniors		
12:55 – 13:25	Medal ceremonies							Medal ceremonies				
13:25 – 13:55	Warm-up							Warm-up				
14:05 – 14:30	4				juniors			4			juniors	
14:30 – 15:00	5				seniors	juniors		5			seniors	
15:00 – 15:30	6					seniors	juniors	6				juniors
15:30 – 15:55	7						seniors	7				seniors
16:00 – 16:30	Medal ceremonies							Medal ceremonies				