# Attachment I. Running orders

- 1. Draw running order
- 2. Running order training Friday
- 3. Mix warm-up and competition Saturday
- 4. Women warm-up and competition Saturday
- 5. Men warm-up and competition Saturday

### 1. Draw – running order

The draw was done at a LOC meeting and the running order is completely coincidental.

#### Draw - Mix

Running order	Team	Federation
1	TeamGym Nordsjælland	Denmark
2	Trondhjem	Norway
3	TeamGym Odense Mix	Denmark
4	EG Vikings	Sweden
5	GF Örebro	Sweden
6	Drammen	Norway
7	Motus Salto	Sweden
8	Køge Bugt Seniormix	Denmark

#### Draw - Women

Running order	Team	Federation
1	TeamGym Nordsjælland	Denmark
2	Jyväskylän Voimistelijat	Finland
3	Motus Salto	Sweden
4	Gerpla	Iceland
5	Salhus	Norway
6	Stjarnan	Iceland
7	Helsinki Unified	Finland
8	Drammen	Norway
9	TeamGym Aarhus	Denmark
10	Brommagymasterna	Sweden

#### Draw - Men

Running order	Team	Federation
1	KFUM	Sweden
2	Stjarnan	Iceland
3	TeamGym Aarhus	Denmark
4	Salhus	Norway
5	GF Fram	Sweden
6	Oslo	Norway
7	Gladsaxe Seniorherrer	Denmark

## 2. Running order – training Friday

Training on Friday will be arranged in the same running order as the competition. This means starting with mixed teams, then women's teams and finally men's team. The training time is 10 minutes per team and apparatus. Each team will train both in the warm-up hall and the competition hall.



#### **Nordic Championships 2023** November 11th Reykjavík, Laugardalshöll Training day - November 10th

									<u> </u>							
			Hal	12			Warm u	p - Hall 2					Competit	tion - Hall	1	
			Warr	n up	Flo	or	Tum	nble	Tran	npet	Flo	or	Tun	nble	Tran	npet
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	12:50	13:20	13:28	13:38					13:48	13:58				
2	Trondhjem	1	12:50	13:20			13:28	13:38					13:48	13:58		
3	TeamGym Odense Mix	1	12:50	13:20					13:28	13:38					13:48	13:58
4	EG Vikings	1	13:00	13:30	13:38	13:48					13:58	14:08				
5	GF Örebro	1	13:00	13:30			13:38	13:48					13:58	14:08		
6	Drammen	1	13:00	13:30					13:38	13:48					13:58	14:08
7	Motus Salto	1	13:10	13:40	13:48	13:58					14:08	14:18				
8	Køge Bugt Seniormix	1	13:10	13:40			13:48	13:58					14:08	14:18		

					Warm u	p - Hall 2					Competit	ion - Hall	1	
			Flo	or	Tun	nble	Tran	npet	Flo	or	Turr	nble	Tran	npet
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
9	TeamGym Nordsjælland	2					14:08	14:18					14:28	14:38
10	Trondhjem	2	14:08	14:18					14:28	14:38				
11	TeamGym Odense Mix	2			14:08	14:28					14:28	14:38		
12	EG Vikings	2					14:18	14:28					14:38	14:48
13	GF Örebro	2	14:18	14:28					14:38	14:48				
14	Drammen	2			14:18	14:28					14:38	14:48		
15	Motus Salto	2					14:28	14:38					14:48	14:58
16	Køge Bugt Seniormix	2	14:28	14:38					14:48	14:58				

					Mix t	rainin	g							
					Warm u	p - Hall 2					Competit	ion - Hall	1	
			Flo	or	Turr	nble	Tran	npet	Flo	or	Tun	nble	Tran	npet
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
17	TeamGym Nordsjælland	3			14:48	14:58					15:08	15:18		
18	Trondhjem	3					14:48	14:58					15:08	15:18
19	TeamGym Odense Mix	3	14:48	14:58					15:08	15:18				
20	EG Vikings	3			14:58	15:08					15:18	15:28		
21	GF Örebro	3					14:58	15:08					15:18	15:28
22	Drammen	3	14:58	15:08					15:18	15:28				
23	Motus Salto	3			15:08	15:18					15:28	15:38		
24	Køge Bugt Seniormix	3					15:08	15:18					15:28	15:38

#### Woman Training

			Hal	12			Warm u	p - Hall 2					Competit	ion - Hall	1	
			Warn	n up	Flo	or	Tun	nble	Tran	npet	Flo	or	Tum	nble	Tran	npet
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	14:40	15:10	15:18	15:28					15:38	15:48				
2	Jyväskylän Voimistelijat	1	14:40	15:10			15:18	15:28					15:38	15:48		
3	Motus Salto	1	14:40	15:10					15:18	15:28					15:38	15:48
4	Gerpla	1	14:50	15:20	15:28	15:38					15:48	15:58				
5	Salhus	1	14:50	15:20			15:28	15:38					15:48	15:58		
6	Stjarnan	1	14:50	15:20					15:28	15:38					15:48	15:58
7	Helsinki Unified	1	15:00	15:30	15:38	15:48					15:58	16:08				
8	Drammen	1	15:00	15:30			15:38	15:48					15:58	16:08		
9	TeamGym Aarhus	1	15:00	15:30					15:38	15:48					15:58	16:08
10	Brommagymnasterna	1	15:10	15:40	15:48	15:58					16:08	16:18				

#### Woman Training

					Warm u	p - Hall 2					Competit	tion - Hall	1	
			Flo	or	Tum	nble	Tran	npet	Flo	or	Tun	nble	Tran	npet
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
11	TeamGym Nordsjælland	2			15:58	16:08					16:18	16:28		
12	Jyväskylän Voimistelijat	2					15:58	16:08					16:18	16:28
13	Motus Salto	2	15:58	16:08					16:18	16:28				
14	Gerpla	2			16:08	16:18					16:28	16:38		
15	Salhus	2					16:08	16:18					16:28	16:38
16	Stjarnan	2	16:08	16:18					16:28	16:38				
17	Helsinki Unified	2			16:18	16:28					16:38	16:48		
18	Drammen	2					16:18	16:28					16:38	16:48
19	TeamGym Aarhus	2	16:18	16:28					16:38	16:48				
20	Brommagymnasterna	2			16:28	16:38					16:48	16:58		

					Warm up	o - Hall 2					Competit	tion - Hall	1	
			Flo	or	Tum	ble	Tran	npet	Flo	or	Tum	nble	Tram	ıpet
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
21	TeamGym Nordsjælland	3					16:38	16:48					16:58	17:08
22	Jyväskylän Voimistelijat	3	16:38	16:48					16:58	17:08				
23	Motus Salto	3			16:38	16:48					16:58	17:08		
24	Gerpla	3					16:48	16:58					17:08	17:18
25	Salhus	3	16:48	16:58					17:08	17:18				
26	Stjarnan	3			16:48	16:58					17:08	17:18		
27	Helsinki Unified	3					16:58	17:08					17:18	17:28
28	Drammen	3	16:58	17:08					17:18	17:28				
29	TeamGym Aarhus	3			16:58	17:08					17:18	17:28		
30	Brommagymnasterna	3					17:08	17:18					17:28	17:38

					ſ	Men 1	raini	ng							
			Hall 2			Warm u	p - Hall 2					Competi	tion - Hall	1	
			Warm up	Flo		Tum		Tran	npet	Flo		Tun		Tran	
#	TEAM	rnd	Start End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	KFUM	1	16:40 17:10	17:18	17:28					17:38	17:48				
2	Stjarnan	1	16:40 17:10			17:18	17:28					17:38	17:48		
3	TeamGym Aarhus	1	16:40 17:10					17:18	17:28					17:38	17:48
4	Salhus	1	16:50 17:20	17:28	17:38					17:48	17:58				
5	GF Fram	1	16:50 17:20			17:28	17:38					17:48	17:58		
6	Oslo	1	16:50 17:20					17:28	17:38					17:48	17:58
7	Gladsaxe Seniorherrer	1	17:00 17:30	17:38	17:48					17:58	18:08				
						Warm u						Composit	tion - Hall	1	
				Flo	or	Tum		Tran	npet	Flo		Tun			npet
#	TEAM	Irnd		Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
8	KFUM	2		Start	LIIG	17:58	18:08		Liiu	Juit	Liiu	18:18	18:28	Start	LIIG
9	Stjarnan	2				17.50	10.00	17:58	18:08			10.10	10.20	18:18	18:28
10	TeamGym Aarhus	2		17:58	18:08			17.50	10.00	18:18	18:28			10.10	10.20
11	Salhus	2		17.50	10.00	18:08	18:18			10.10	10.20	18:28	18:38		
12	GF Fram	2				10.00	10.10	18:08	18:18			10.20	10.50	18:28	18:38
13	Oslo	2		18:08	18:18			18.08	10.10	18:28	18:38			10.20	10.50
14	Gladsaxe Seniorherrer	2		18:08	10:10	18:18	18:28			10:20	10:50	18:38	18:48		
14	Glausaxe seniornerrer	2				10:10	10:20					10:50	10:40		
						Warm u		_					tion - Hall		
				Flo		Tum			npet	Flo		Tun		Tran	
#	TEAM	rnd		Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
15	KFUM	3						18:38	18:48					18:58	19:08
16	Stjarnan	3		18:38	18:48					18:58	19:08				
17	TeamGym Aarhus	3				18:38	18:48					18:58	19:08		
18	Salhus	3						18:48	18:58					19:08	19:18
19	GF Fram	3		18:48	18:58					19:08	19:18				
20	Oslo	3				18:48	18:58					19:08	19:18		
21	Gladsaxe Seniorherrer	3						18:58	19:08					19:18	19:28

# 3. Mix warm-up and competition Saturday



## Nordic Championships 2023 November 11th Reykjavík, Laugardalshöll

### **Mix competition**

			На	2		Арра	aratus wa	m-up - Ha	all 2				Competit	ion - Hall	1	
			War	m up	Flo	or	Tun	nble	Tran	npet	Flo	oor	Tun	nble	Tran	npet
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	09:45	10:15	10:23	10:33					10:41	10:44				
2	Trondhjem	1	09:49	10:19			10:27	10:37					10:45	10:48		
3	TeamGym Odense Mix	1	09:53	10:23					10:31	10:41					10:49	10:52
4	EG Vikings	1	09:57	10:27	10:35	10:45					10:53	10:56				
5	GF Örebro	1	10:01	10:31			10:39	10:49					10:57	11:00		
6	Drammen	1	10:05	10:35					10:43	10:53					11:01	11:04
7	Motus Salto	1	10:09	10:39	10:47	10:57					11:05	11:08				
8	Køge Bugt Seniormix	1	10:13	10:43			10:51	11:01					11:09	11:12		
						Appa	aratus wa	m-up - Ha	all 2				Competit	ion - Hall	1	
					Flo	Appa oor	aratus wa Tun	<u>m-up - Ha</u> nble		npet	Flo	oor		ion - Hall nble		npet
#	TEAM	rnd			Flo Start					npet End	Flo Start					npet End
# 9	TEAM TeamGym Nordsjælland	rnd 2	-			or	Tun	nble	Tran	· ·		oor	Tun	nble	Tran	•
						or	Tun	nble	Tran Start	End		oor	Tun	nble	Tran Start	End
9	TeamGym Nordsjælland	2			Start	End	Tun	nble	Tran Start	End	Start	oor End	Tun	nble	Tran Start	End
9 10	TeamGym Nordsjælland Trondhjem	2 2			Start	End	Tun Start	nble End	Tran Start	End	Start	oor End	Tun Start	n <b>ble</b> End	Tran Start	End
9 10 11	TeamGym Nordsjælland Trondhjem TeamGym Odense Mix	2 2 2			Start	End	Tun Start	nble End	Tran Start 10:56	End 11:06	Start	oor End	Tun Start	n <b>ble</b> End	Tran Start 11:14	End 11:17
9 10 11 12	TeamGym Nordsjælland Trondhjem TeamGym Odense Mix EG Vikings	2 2 2 2			Start 11:00	End 11:10	Tun Start	nble End	Tran Start 10:56	End 11:06	Start 11:18	End 11:21	Tun Start	n <b>ble</b> End	Tran Start 11:14	End 11:17
9 10 11 12 13	TeamGym Nordsjælland Trondhjem TeamGym Odense Mix EG Vikings GF Örebro	2 2 2 2 2 2			Start 11:00	End 11:10	Tun Start 11:04	Il:14	Tran Start 10:56	End 11:06	Start 11:18	End 11:21	Tun Start 11:22	nble End 11:25	Tran Start 11:14	End 11:17

				Apparatus warm-up - Hall 2							Competition - Hall 1							
					or	Tumble		Trampet		Floor		Tumble		Tran	npet			
#	TEAM	rnd		Start	End	Start	End	Start	End	Start	End	Start	End	Start	End			
17	TeamGym Nordsjælland	3				11:29	11:39					11:47	11:50					
18	Trondhjem	3						11:33	11:43					11:51	11:54			
19	TeamGym Odense Mix	3		11:37	11:47					11:55	11:58							
20	EG Vikings	3				11:41	11:51					11:59	12:02					
21	GF Örebro	3						11:45	11:55					12:03	12:06			
22	Drammen	3		11:49	11:59					12:07	12:10							
23	Motus Salto	3				11:53	12:03					12:11	12:14					
24	Køge Bugt Seniormix	3						11:57	12:07					12:15	12:18			

# 4.Women warm-up and competition Saturday

			Hall	2	Apparatus warm-up - Hall 2							Competition - Hall 1						
			Warm up		Flo	oor	Tumble		Trampet		Floor		Tumble		Trampet			
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End		
1	TeamGym Nordsjælland	1	12:04	12:34	12:42	12:52					13:00	13:03						
2	Jyväskylän Voimistelijat	1	12:08	12:38			12:46	12:56					13:04	13:07				
3	Motus Salto	1	12:12	12:42					12:50	13:00					13:08	13:11 🗳		
4	Gerpla	1	12:16	12:46	12:54	13:04					13:12	13:15						
5	Salhus	1	12:20	12:50			12:58	13:08					13:16	13:19				
6	Stjarnan	1	12:24	12:54					13:02	13:12					13:20	13:23		
7	Helsinki Unified	1	12:28	12:58	13:06	13:16					13:24	13:27						
8	Drammen	1	12:32	13:02			13:10	13:20					13:28	13:31				
9	TeamGym Aarhus	1	12:36	13:06					13:14	13:24					13:32	13:35		
10	Brommagymnasterna	1	12:40	13:10	13:18	13:28					13:36	13:39						

## Women competition

### Women competition

				Арра	aratus wa	us warm-up - Hall 2				Competition - Hall 1							
			Floor		Tumble		Trampet		Floor		Tumble		Tran	npet			
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End			
11	TeamGym Nordsjælland	2			13:23	13:33					13:41	13:44					
12	Jyväskylän Voimistelijat	2					13:27	13:37					13:45	13:48			
13	Motus Salto	2	13:31	13:41					13:49	13:52							
14	Gerpla	2			13:35	13:45					13:53	13:56					
15	Salhus	2					13:39	13:49					13:57	14:00			
16	Stjarnan	2	13:43	13:53					14:01	14:04							
17	Helsinki Unified	2			13:47	13:57					14:05	14:08					
18	Drammen	2					13:51	14:01					14:09	14:12			
19	TeamGym Aarhus	2	13:55	14:05					14:13	14:16							
20	Brommagymnasterna	2			13:59	14:09					14:17	14:20					
				Арра	aratus wa	rm-up - Ha	all 2				Competit	ion - Hall	1				
			Flo	Appa		rm-up - Ha nble		npet	Flo	Dor	<u> </u>	ion - Hall nble		npet			
#	TEAM	rnd	Flo Start					npet End	Flo Start		<u> </u>			npet End			
# 21	TEAM TeamGym Nordsjælland	rnd 3		oor	Tur	nble	Tran			oor	Tun	nble	Tran				
				oor	Tur	nble	Tran Start	End		oor	Tun	nble	<b>Tran</b> Start	End			
21	TeamGym Nordsjælland	3	Start	End	Tur	nble	Tran Start	End	Start	b <b>or</b> End	Tun	nble	<b>Tran</b> Start	End			
21 22	TeamGym Nordsjælland Jyväskylän Voimistelijat	3 3	Start	End	Tur Start	nble End	Tran Start	End	Start	b <b>or</b> End	Tun Start	n <b>ble</b> End	<b>Tran</b> Start	End			
21 22 23	TeamGym Nordsjælland Jyväskylän Voimistelijat Motus Salto	3 3 3	Start	End	Tur Start	nble End	Tran Start 14:04	End 14:14	Start	b <b>or</b> End	Tun Start	n <b>ble</b> End	Tran Start 14:22	End 14:25			
21 22 23 24	TeamGym Nordsjælland Jyväskylän Voimistelijat Motus Salto Gerpla	3 3 3 3 3	Start 14:08	End 14:18	Tur Start	nble End	Tran Start 14:04	End 14:14	Start 14:26	End 14:29	Tun Start	n <b>ble</b> End	Tran Start 14:22	End 14:25			
21 22 23 24 25	TeamGym Nordsjælland Jyväskylän Voimistelijat Motus Salto Gerpla Salhus	3 3 3 3 3 3 3 3	Start 14:08	End 14:18	Tun Start 14:12	nble End 14:22	Tran Start 14:04	End 14:14	Start 14:26	End 14:29	Tun Start 14:30	nble End 14:33	Tran Start 14:22	End 14:25			
21 22 23 24 25 26	TeamGym Nordsjælland Jyväskylän Voimistelijat Motus Salto Gerpla Salhus Stjarnan	3 3 3 3 3 3 3	Start 14:08	End 14:18	Tun Start 14:12	nble End 14:22	Tran Start 14:04 14:16	End 14:14 14:26	Start 14:26	End 14:29	Tun Start 14:30	nble End 14:33	<b>Tran</b> Start 14:22 14:34	End 14:25 14:37			
21 22 23 24 25 26 27	TeamGym Nordsjælland Jyväskylän Voimistelijat Motus Salto Gerpla Salhus Stjarnan Helsinki Unified	3 3 3 3 3 3 3 3 3 3	Start 14:08 14:20	End 14:18 14:30	Tun Start 14:12	nble End 14:22	Tran Start 14:04 14:16	End 14:14 14:26	Start 14:26 14:38	End 14:29 14:41	Tun Start 14:30	nble End 14:33	<b>Tran</b> Start 14:22 14:34	End 14:25 14:37			

# 5. Men warm-up and competition Saturday

#       TEAM       rnd       Start       End       Start       End <t< th=""><th colspan="15">Men competition</th></t<>	Men competition																			
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $				Ha	2	Apparatus warm-up - Hall 2							Competition - Hall 1							
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$				War	m up	Floor		Tumble		Trampet		Floor		Tumble		Trampet				
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	#		rnd					Start	End	Start	End	Start		Start	End	Start	End			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	1	KFUM	1			15:42	15:52					16:00	16:03							
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	2	Stjarnan	1					15:46	15:56					16:04	16:07					
S       GF Fram       1       15:20       15:50       15:58       16:08       16:02       16:12       16:16       16:16       16:19       16:20         G       Oslo       1       15:24       15:58       16:06       16:16       16:08       16:02       16:12       16:12       16:16       16:16       16:19       16:20         G       Gladsaxe Seniorherrer       1       15:28       15:58       16:06       16:16       Trampet       Floor       Tumble       Floor       Tumble       I6:37       I6:37       I6:40       I6:41       I6:41       I6:41       I6:41       I6:41       I6:41       I6:41       I6:41       I6:45       I6:45       I6:40       I6:40       I6:41       I6:45       I6:45       I6:45       I6:45	3	TeamGym Aarhus	1	15:12	15:42					15:50	16:00					16:08	16:11			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	4	Salhus	1	15:16	15:46	15:54	16:04					16:12	16:15							
7       Gladsaxe Seniorherrer       1       15:28       15:58       16:06       16:16       Image: Constraint of the second	5	GF Fram	1	15:20	15:50			15:58	16:08					16:16	16:19					
Image: start         Image: start <tart start<="" td="">         Image: start</tart>	6	Oslo	1	15:24	15:54					16:02	16:12					16:20	16:23			
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15         KFUM         3         16:44         16:54         16:40         16:50         17:02         17:05         17:06         17:09         16:58           16         Stjarnan         3         16:44         16:54         16:48         16:58         17:02         17:05         17:06         17:09         16:58						Floor				1				- ·		Trampet				
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