

Women's Artistic Gymnastics - European Championships, Zagreb

Sunday 9th August 2026

Training on Request

National Federations who wish to secure a training slot on Sunday 9th August, 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 August 2026)

WAG - Warm-up Hall - Seniors							
Start Time	Duration	End Time					
Training Session 1							
13:30	00:20	13:50	General warm up				
13:50	00:20	14:10	CZE	BEL			
14:10	00:20	14:30		CZE	BEL		
14:30	00:20	14:50			CZE	BEL	
14:50	00:20	15:10	BEL				CZE
WAG - Warm-up Hall - Seniors							
Training Session 2							
15:10	00:20	15:30	General warm up				
15:30	00:20	15:50	ISR	AUT	SLO		
15:50	00:20	16:10		ISR	AUT	SLO	
16:10	00:20	16:30	SLO		ISR	AUT	
16:30	00:20	16:50	AUT	SLO			ISR
WAG - Warm-up Hall - Seniors							
Start Time	Duration	End Time					REST
Training Session 3							
16:50	00:20	17:10	General warm up				
17:10	00:20	17:30	GBR/SUI	CRO/POL	SVK	HUN/NED	AZE
17:30	00:20	17:50	AZE	GBR/SUI	CRO/POL	SVK	HUN/NED
17:50	00:20	18:10	HUN/NED	AZE	GBR/SUI	CRO/POL	SVK

WAG - Training Hall - Juniors							
Start Time	Duration	End Time					
Training Session 1							
13:30	00:20	13:50	General warm up				
13:50	00:20	14:10	CZE				
14:10	00:20	14:30		CZE			
14:30	00:20	14:50			CZE		
14:50	00:20	15:10					CZE
WAG - Training Hall - Juniors							
Training Session 2							
15:10	00:20	15:30	General warm up				
15:30	00:20	15:50	ISR/POL	AZE	CRO	SLO	
15:50	00:20	16:10	SLO	ISR/POL	AZE	CRO	
16:10	00:20	16:30	CRO	SLO	ISR/POL	AZE	
16:30	00:20	16:50	AZE	CRO	SLO	ISR/POL	
WAG - Training Hall - Juniors							
Training Session 3							
16:50	00:20	17:10	General warm up				
17:10	00:20	17:30	GBR/NED	SVK/SUI	HUN	BEL	
17:30	00:20	17:50	BEL	GBR/NED	SVK/SUI	HUN	
17:50	00:20	18:10	HUN	BEL	GBR/NED	SVK/SUI	

18:10	00:20	18:30	SVK	HUN/NED	AZE	GBR/SUI	CRO/POL
18:30	00:20	18:50	CRO/POL	SVK	HUN/NED	AZE	GBR/SUI
WAG - Warm-up Hall - Seniors							
Start Time	Duration	End Time					REST
Training Session 4							
18:50	00:20	19:10	General warm up				
19:10	00:20	19:30	ITA	CYP	GEO		
19:30	00:20	19:50		ITA	CYP	GEO	
19:50	00:20	20:10			ITA	CYP	GEO
20:10	00:20	20:30	GEO			ITA	CYP
20:30	00:20	20:50	CYP	GEO			ITA

18:10	00:20	18:30	SVK/SUI	HUN	BEL	GBR/NED
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WAG - Training Hall - Juniors						
Training Session 4						
18:30	00:20	18:50	General warm up			
18:50	00:20	19:10	KOS	ITA	CYP	GEO
19:10	00:20	19:30	GEO	KOS	ITA	CYP
19:30	00:20	19:50	CYP	GEO	KOS	ITA
19:50	00:20	20:10	ITA	CYP	GEO	KOS

Placement of NF on the Apparatus
2 Teams / 2 Mixed Groups (10 Gymnasts) per Apparatus