

Updated 25.05



RGI SENIORS AND RGI JUNIORS PODIUM TRAINING SCHEDULE

TUESDAY, 26 MAY

<i>NFs</i>	<i>Carpet 2</i>		<i>Official Podium</i>		<i>Carpet 4</i>		<i>Carpet 5</i>	
	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>
POR/ROU/SVK	7:25	8:25	8:30	9:25	9:30	11:00	X	X
AUT/GRE/LAT	8:25	9:25	9:30	10:25	X	X	10:30	11:30
MDA/MNE/NOR/	9:25	10:25	10:30	11:25	11:30	13:00	X	X
BUL/ITA/POL	10:25	11:25	11:30	12:25	X	X	12:30	14:00
GBR/FIN/SMR	11:25	12:25	12:30	13:25	13:30	15:00	X	X
CZE/CYP/NED	12:25	13:25	13:30	14:25	X	X	14:30	16:00
FRA/TUR/UKR	13:25	14:25	14:30	15:25	15:30	17:00	X	X
GER/HUN/SUI	14:25	15:25	15:30	16:25	X	X	16:30	18:00
ALB/AND/ISR/SRB	15:25	16:25	16:30	17:25	17:30	19:00	X	X
BIH/CRO/ESP/SWE	16:25	17:25	17:30	18:30	X	X	18:35	20:05
EST/LTU/LUX/MKD	17:25	18:25	18:30	19:30	19:35	21:05	X	X
AZE/GEO/MLT/SLO	18:25	19:25	19:30	20:30	X	X	20:35	22:05
ARM/BEL/BLR/RUS	19:25	20:25	20:30	21:30	21:35	23:05	X	X

* Stretching is available 30 minutes prior to training

* The remaining carpets are NOT to be used



**European
Gymnastics**

RGG PODIUM TRAINING SCHEDULE

FRIDAY, 29 MAY

<i>NFs</i>	<i>Carpet 7</i>		<i>Carpet 6</i>		<i>Carpet 5</i>		<i>Official Podium</i>		<i>Carpet 4</i>		<i>Carpet 3</i>		<i>Carpet 2</i>	
	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>
AUT/BUL/CZE/GRE	17:40	18:55	X	X	X	X	19:00	19:25	19:30	20:45	X	X	X	X
AZE/GEO/HUN/POR	X	X	18:05	19:20	X	X	19:25	19:50	X	X	19:55	21:10	X	X
CYP/ESP/FIN/FRA	X	X	X	X	18:30	19:45	19:50	20:15	X	X	X	X	20:20	21:35
BLR/GER/ISR/LTU	18:55	20:10	X	X	X	X	20:15	20:40	20:45	22:00	X	X	X	X
ITA/UKR/ROU/TUR	X	X	19:20	20:35	X	X	20:40	21:05	X	X	21:10	22:25	X	X
SVK/SLO/POL	X	X	X	X	19:55	21:10	21:15	21:35	X	X	X	X	21:40	22:55
GBR/NOR/RUS	20:15	21:30	X	X	X	X	21:35	21:55	22:00	23:15	X	X	X	X

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TRAINING SCHEDULE for RGI SENIORS

WEDNESDAY, 27 May

NFs	Carpet 6		Carpet 7		Carpet 8		Carpet 9	
	Start time	End time	Start time	End time	Start time	End time	Start time	End time
CZE/LAT/SLO	7:00	10:00	X	X	X	X	Free	Free
BUL/GER/UKR	X	X	7:00	10:00	X	X	Free	Free
ROU/SVK/SWE	X	X	X	X	7:00	10:00	Free	Free
AZE/MDA/TUR	10:00	13:00	X	X	X	X	Free	Free
HUN/NOR/RUS	X	X	10:00	13:00	X	X	Free	Free
EST/POL/SRB	X	X	X	X	10:00	13:00	Free	Free
ARM/FRA/GEO	13:00	16:00	X	X	X	X	Free	Free
ISR/MNE/POR	X	X	13:00	16:00	X	X	Free	Free
BLR/BIH/SUI	X	X	X	X	13:00	16:00	Free	Free
CRO/FIN/GRE	16:00	19:00	X	X	X	X	Free	Free
ITA/LTU/SMR	X	X	16:00	19:00	X	X	Free	Free
CYP/ESP/GBR	X	X	X	X	16:00	19:00	Free	Free
AND/AUT/LUX/MKD	19:00	22:00	X	X	X	X	Free	Free

* **Stretching is available 30 minutes prior to training**

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TRAINING SCHEDULE

THURSDAY, 28 May

	Carpet 6		Carpet 7		Carpet 8		Carpet 9	
	Start time	End time	Start time	End time	Start time	End time	Start time	End time
JUNIORS FINALISTS	8:00	11:00	8:00	11:00	8:00	11:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set A	11:00	12:00	11:00	12:00	11:00	12:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set B	12:00	13:00	12:00	13:00	12:00	13:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set C	13:00	14:00	13:00	14:00	13:00	14:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set D	14:00	15:00	14:00	15:00	14:00	15:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set E	16:00	17:00	16:00	17:00	16:00	17:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set F	17:00	18:00	17:00	18:00	17:00	18:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set G	18:00	19:00	18:00	19:00	18:00	19:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set H	19:00	20:00	19:00	20:00	19:00	20:00	<i>Free</i>	<i>Free</i>

* **Stretching is available 30 minutes prior to training**

* **The remaining carpets are NOT to be used**



TRAINING SCHEDULE

FRIDAY, 29 May

	Carpet 6		Carpet 7		Carpet 8		Carpet 9	
	Start time	End time	Start time	End time	Start time	End time	Start time	End time
Seniors RGI Set E	11:00	12:00	11:00	12:00	11:00	12:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set F	12:00	13:00	12:00	13:00	12:00	13:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set G	13:00	14:00	13:00	14:00	13:00	14:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set H	14:00	15:00	14:00	15:00	14:00	15:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set A	16:00	17:00	16:00	17:00	16:00	17:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set B	17:00	18:00	17:00	18:00	17:00	18:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set C	18:00	19:00	18:00	19:00	18:00	19:00	<i>Free</i>	<i>Free</i>
Seniors RGI Set D	19:00	20:00	19:00	20:00	19:00	20:00	<i>Free</i>	<i>Free</i>

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TRAINING SCHEDULE

SATURDAY, 30 May

	Carpet 6		Carpet 7		Carpet 8		Carpet 9	
	Start time	End time	Start time	End time	Start time	End time	Start time	End time
Senior RGG Set A	9:00	12:00	9:00	12:00	9:00	12:00	<i>Free</i>	<i>Free</i>
Senior RGG Set B	12:00	15:00	12:00	15:00	12:00	15:00	<i>Free</i>	<i>Free</i>

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