

Training on Request - Monday 8th August 2022 - Afternoon

Federations should complete Appendix 3 and submit this form to the LOC no later than 5 days before the
Official Arrival Date of Delegations per the Work Plan

WAG - Training Area 1							
Start Time	Duration	End Time					REST
12:55		14:50	Training Session				
12:55	00:15	13:10	General warm up				
13:10	00:20	13:30	SLO Seniors	NED Juniors	IRL Juniors	AUT Seniors	ROU Juniors
13:30	00:20	13:50	ROU Juniors	SLO Seniors	NED Juniors	IRL Juniors	AUT Seniors
13:50	00:20	14:10	AUT Seniors	ROU Juniors	SLO Seniors	NED Juniors	IRL Juniors
14:10	00:20	14:30	IRL Juniors	AUT Seniors	ROU Juniors	SLO Seniors	NED Juniors
14:30	00:20	14:50	NED Juniors	IRL Juniors	AUT Seniors	ROU Juniors	SLO Seniors
14:50		16:45	Training Session				
14:50	00:15	15:05	General warm up				
15:05	00:20	15:25	BEL Juniors	HUN Juniors	SVK Juniors	ISR Juniors	POR Juniors
15:25	00:20	15:45	POR Juniors	BEL Juniors	HUN Juniors	SVK Juniors	ISR Juniors
15:45	00:20	16:05	ISR Juniors	POR Juniors	BEL Juniors	HUN Juniors	SVK Juniors
16:05	00:20	16:25	SVK Juniors	ISR Juniors	POR Juniors	BEL Juniors	HUN Juniors
16:25	00:20	16:45	HUN Juniors	SVK Juniors	ISR Juniors	POR Juniors	BEL Juniors
16:45		18:40	Training Session				
16:45	00:15	17:00	General warm up				
17:00	00:20	17:20	GER Juniors	CZE Juniors	ITA Juniors	GBR Juniors	ESP Juniors
17:20	00:20	17:40	ESP Juniors	GER Juniors	CZE Juniors	ITA Juniors	GBR Juniors
17:40	00:20	18:00	GBR Juniors	ESP Juniors	GER Juniors	CZE Juniors	ITA Juniors
18:00	00:20	18:20	ITA Juniors	GBR Juniors	ESP Juniors	GER Juniors	CZE Juniors
18:20	00:20	18:40	CZE Juniors	ITA Juniors	GBR Juniors	ESP Juniors	GER Juniors
18:40		20:35	Training Session				
18:40	00:15	18:55	General warm up				
18:55	00:20	19:15	DEN Juniors	LUX/MON Sen MLT Jun/Sen (6)	UKR Jun/POL Sen	NOR Juniors	SUI/LIE Juniors (6)
19:15	00:20	19:35	SUI/LIE Juniors (6)	DEN Juniors	LUX/MON Sen MLT Jun/Sen (6)	UKR Jun/POL Sen	NOR Juniors
19:35	00:20	19:55	NOR Juniors	SUI/LIE Juniors (6)	DEN Juniors	LUX/MON Sen MLT Jun/Sen (6)	UKR Jun/POL Sen
19:55	00:20	20:15	UKR Jun/POL Sen	NOR Juniors	SUI/LIE Juniors (6)	DEN Juniors	LUX/MON Sen MLT Jun/Sen (6)
20:15	00:20	20:35	LUX/MON Sen MLT Jun/Sen (6)	UKR Jun/POL Sen	NOR Juniors	SUI/LIE Juniors (6)	DEN Juniors

WAG - Training Area 2							
Start Time	Duration	End Time					REST
12:55		14:50	Training Session				
12:55	00:15	13:10	General warm up				
13:10	00:20	13:30	GER Seniors	NED Seniors	IRL Seniors	ISL Jun/Sen	FIN Seniors
13:30	00:20	13:50	FIN Seniors	GER Seniors	NED Seniors	IRL Seniors	ISL Jun/Sen
13:50	00:20	14:10	ISL Jun/Sen	FIN Seniors	GER Seniors	NED Seniors	IRL Seniors
14:10	00:20	14:30	IRL Seniors	ISL Jun/Sen	FIN Seniors	GER Seniors	NED Seniors
14:30	00:20	14:50	NED Seniors	IRL Seniors	ISL Jun/Sen	FIN Seniors	GER Seniors
14:50		16:45	Training Session				
14:50	00:15	15:05	General warm up				
15:05	00:20	15:25	BEL Seniors	HUN Seniors	SVK Seniors	ISR Seniors	POR Seniors
15:25	00:20	15:45	POR Seniors	BEL Seniors	HUN Seniors	SVK Seniors	ISR Seniors
15:45	00:20	16:05	ISR Seniors	POR Seniors	BEL Seniors	HUN Seniors	SVK Seniors
16:05	00:20	16:25	SVK Seniors	ISR Seniors	POR Seniors	BEL Seniors	HUN Seniors
16:25	00:20	16:45	HUN Seniors	SVK Seniors	ISR Seniors	POR Seniors	BEL Seniors
16:45		18:40	Training Session				
16:45	00:15	17:00	General warm up				
17:00	00:20	17:20	CZE Seniors	SWE Jun/Sen	ITA Seniors	GBR Seniors	ESP Seniors
17:20	00:20	17:40	ESP Seniors	CZE Seniors	SWE Jun/Sen	ITA Seniors	GBR Seniors
17:40	00:20	18:00	GBR Seniors	ESP Seniors	CZE Seniors	SWE Jun/Sen	ITA Seniors
18:00	00:20	18:20	ITA Seniors	GBR Seniors	ESP Seniors	CZE Seniors	SWE Jun/Sen
18:20	00:20	18:40	SWE Jun/Sen	ITA Seniors	GBR Seniors	ESP Seniors	CZE Seniors
18:40		20:35	Training Session				
18:40	00:15	18:55	General warm up				
18:55	00:20	19:15	DEN Senior	ROU Seniors	UKR Seniors	NOR Seniors	SUI Seniors
19:15	00:20	19:35	SUI Seniors	DEN Senior	ROU Seniors	UKR Seniors	NOR Seniors
19:35	00:20	19:55	NOR Seniors	SUI Seniors	DEN Senior	ROU Seniors	UKR Seniors
19:55	00:20	20:15	UKR Seniors	NOR Seniors	SUI Seniors	DEN Senior	ROU Seniors
20:15	00:20	20:35	ROU Seniors	UKR Seniors	NOR Seniors	SUI Seniors	DEN Senior

Composition of Groups - Senior QC

Subdivision 1			
			
TUR	NED	LAT	SVK
AUT	CRO	GER	

Subdivision 2			
			
FIN	IRL	MIX GROUP 1	SWE
POR	ESP	HUN	

Subdivision 3			
			
NOR	DEN	SUI	ISL
ROU	UKR	SLO	MIX GROUP 2

Subdivision 4			
			
GBR	BEL	CZE	GRE
POL	ISR	ITA	FRA

Mixed Group 1
LUX
LTU
CYP
MLT
MLT

Mixed Group 2
GEO
BUL
MON
AZE
AZE

Tuesday 9th August 2022

Senior - Podium Training

Warm-up Hall A - Beam & Floor

Warm-up Hall B - Vault & Bars

WAG- Warm-Up Hall						
Start Time	Duration	End Time				
08:10		09:45	Sub Division 1			
08:10	00:10	08:20	Entrance			
08:20	00:20	08:40	General warm up			
08:40	00:15	08:55	SVK	LAT / GER	NED / CRO	TUR / AUT
08:55	00:15	09:10	LAT / GER	SVK	TUR / AUT	NED / CRO
09:10	00:05	09:15	Change Warm-up Hall			
09:15	00:15	09:30	NED / CRO	TUR / AUT	SVK	LAT / GER
09:30	00:15	09:45	TUR / AUT	NED / CRO	LAT / GER	SVK
10:35		12:10	Sub Division 2			
10:35	00:10	10:45	Entrance			
10:45	00:20	11:05	General warm up			
11:05	00:15	11:20	SWE	MG 1 / HUN	IRL / ESP	FIN / POR
11:20	00:15	11:35	MG 1 / HUN	SWE	FIN / POR	IRL / ESP
11:35	00:05	11:40	Change Warm-up Hall			
11:40	00:15	11:55	IRL / ESP	FIN / POR	SWE	MG1 / HUN
11:55	00:15	12:10	FIN / POR	IRL / ESP	MG 1 / HUN	SWE
13:40		15:15	Sub Division 3			
13:40	00:10	13:50	Entrance			
13:50	00:20	14:10	General warm up			
14:10	00:15	14:25	ISL / MG 2	SUI / SLO	DEN / UKR	NOR / ROU
14:25	00:15	14:40	SUI / SLO	ISL / MG 2	NOR / ROU	DEN / UKR
14:40	00:05	14:45	Change Warm-up Hall			
14:45	00:15	15:00	DEN / UKR	NOR / ROU	ISL / MG 2	SUI / SLO
15:00	00:15	15:15	NOR / ROU	DEN / UKR	SUI / SLO	ISL / MG 2
16:05		17:40	Sub Division 4			
16:05	00:10	16:15	Entrance			
16:15	00:20	16:35	General warm up			
16:35	00:15	16:50	GRE / FRA	CZE / ITA	BEL / ISR	GBR / POL
16:50	00:15	17:05	CZE / ITA	GRE / FRA	GBR / POL	BEL / ISR
17:05	00:05	17:10	Change Warm-up Hall			
17:10	00:15	17:25	BEL / ISR	GBR / POL	GRE / FRA	CZE / ITA
17:25	00:15	17:40	GBR / POL	BEL / ISR	CZE / ITA	GRE / FRA

WAG - Field of Play - Podium Training						
Start Time	Duration	End Time				
10:00		12:02	Senior Sub-Division 1			
09:50	00:10	10:00	Entrance to Field of Play			
10:00	00:31	10:31	TUR / AUT	NED / CRO	LAT / GER	SVK
10:31	00:31	11:02	SVK	TUR / AUT	NED / CRO	LAT / GER
11:02	00:30	11:32	LAT / GER	SVK	TUR / AUT	NED / CRO
11:32	00:30	12:02	NED / CRO	LAT / GER	SVK	TUR / AUT

12:24		14:26	Senior Sub-Division 2			
12:14		12:24	Entrance to Field of Play			
12:24	00:31	12:55	FIN / POR	IRL / ESP	MG 1 / HUN	SWE
12:55	00:31	13:26	SWE	FIN / POR	IRL / ESP	MG1 / HUN
13:26	00:30	13:56	MG 1 / HUN	SWE	FIN / POR	IRL / ESP
13:56	00:30	14:26	IRL / ESP	MG1 / HUN	SWE	FIN / POR

15:28		17:31	Senior Sub-Division 3			
15:18		15:28	Entrance to Field of Play			
15:28	00:31	15:59	NOR / ROU	DEN / UKR	SUI / SLO	ISL / MG 2
15:59	00:31	16:30	ISL / MG 2	NOR / ROU	DEN / UKR	SUI / SLO
16:30	00:31	17:01	SUI / SLO	ISL / MG 2	NOR / ROU	DEN / UKR
17:01	00:30	17:31	DEN / UKR	SUI / SLO	ISL / MG 2	NOR / ROU

17:53		19:55	Senior Sub-Division 4			
17:43		17:53	Entrance to Field of Play			
17:53	00:31	18:24	GBR / POL	BEL / ISR	CZE / ITA	GRE / FRA
18:24	00:31	18:55	GRE / FRA	GBR / POL	BEL / ISR	CZE / ITA
18:55	00:30	19:25	CZE / ITA	GRE / FRA	GBR / POL	BEL / ISR
19:25	00:30	19:55	BEL / ISR	CZE / ITA	GRE / FRA	GBR / POL

Tuesday 9th August 2022

Junior - Scheduled Training

WAG - Training Area 1						
Start Time	Duration	End Time				
08:30		10:05	Training Session No. 1			
08:30	00:15	08:45	General warm up			
08:45	00:20	09:05	SVK	CRO	SUI	GRE
09:05	00:20	09:25	GRE	SVK	CRO	SUI
09:25	00:20	09:45	SUI	GRE	SVK	CRO
09:45	00:20	10:05	CRO	SUI	GRE	SVK
10:05		11:40	Training Session No. 1			
10:05	00:15	10:20	General warm up			
10:20	00:20	10:40	FRA	ISR	GER	ROU
10:40	00:20	11:00	ROU	FRA	ISR	GER
11:00	00:20	11:20	GER	ROU	FRA	ISR
11:20	00:20	11:40	ISR	GER	ROU	FRA
11:40		13:15	Training Session No. 1			
11:40	00:15	11:55	General warm up			
11:55	00:20	12:15	LAT	MG 2	ITA	MG1
12:15	00:20	12:35	MG1	LAT	MG2	ITA
12:35	00:20	12:55	ITA	MG1	LAT	MG2
12:55	00:20	13:15	MG2	ITA	MG1	LAT
13:45		15:40	Training Session No. 2			
13:45	00:15	14:00	General warm up			
14:00	00:25	14:25	TUR	GBR	NOR	POL
14:25	00:25	14:50	POL	TUR	GBR	NOR
14:50	00:25	15:15	NOR	POL	TUR	GBR
15:15	00:25	15:40	GBR	NOR	POL	TUR
15:40		17:35	Training Session No. 2			
15:40	00:15	15:55	General warm up			
15:55	00:25	16:20	ESP	DEN	BUL	IRL
16:20	00:25	16:45	IRL	ESP	DEN	BUL
16:45	00:25	17:10	BUL	IRL	ESP	DEN
17:10	00:25	17:35	DEN	BUL	IRL	ESP
17:35		19:30	Training Session No. 2			
17:35	00:15	17:50	General warm up			
17:50	00:25	18:15	CZE	BEL	HUN	POR
18:15	00:25	18:40	POR	CZE	BEL	HUN
18:40	00:25	19:05	HUN	POR	CZE	BEL
19:05	00:25	19:30	BEL	HUN	POR	CZE

WAG - Training Area 2						
Start time	Duration	End time				
08:30		10:05	Training Session No. 1			
08:30	00:15	08:45	General warm up			
08:45	00:20	09:05	GBR	NOR	POL	TUR
09:05	00:20	09:25	TUR	GBR	NOR	POL
09:25	00:20	09:45	POL	TUR	GBR	NOR
09:45	00:20	10:05	NOR	POL	TUR	GBR
10:05		11:40	Training Session No. 1			
10:05	00:15	10:20	General warm up			
10:20	00:20	10:40	DEN	BUL	IRL	ESP
10:40	00:20	11:00	ESP	DEN	BUL	IRL
11:00	00:20	11:20	IRL	ESP	DEN	BUL
11:20	00:20	11:40	BUL	IRL	ESP	DEN
11:40		13:15	Training Session No. 1			
11:40	00:15	11:55	General warm up			
11:55	00:20	12:15	BEL	HUN	POR	CZE
12:15	00:20	12:35	CZE	BEL	HUN	POR
12:35	00:20	12:55	POR	CZE	BEL	HUN
12:55	00:20	13:15	HUN	POR	CZE	BEL
13:45		15:40	Training Session No. 2			
13:45	00:15	14:00	General warm up			
14:00	00:25	14:25	GRE	SVK	CRO	SUI
14:25	00:25	14:50	SUI	GRE	SVK	CRO
14:50	00:25	15:15	CRO	SUI	GRE	SVK
15:15	00:25	15:40	SVK	CRO	SUI	GRE
15:40		17:35	Training Session No. 2			
15:40	00:15	15:55	General warm up			
15:55	00:25	16:20	ROU	FRA	ISR	GER
16:20	00:25	16:45	GER	ROU	FRA	ISR
16:45	00:25	17:10	ISR	GER	ROU	FRA
17:10	00:25	17:35	FRA	ISR	GER	ROU
17:35		19:30	Training Session No 2			
17:35	00:15	17:50	General warm up			
17:50	00:25	18:15	MG1	LAT	MG2	ITA
18:15	00:25	18:40	ITA	MG1	LAT	MG2
18:40	00:25	19:05	MG2	ITA	MG1	LAT
19:05	00:25	19:30	LAT	MG2	ITA	MG1

Composition of Groups - Junior QC

Subdivision 1			
			
FRA	GER	DEN	IRL
ISR	ROU	BUL	ESP

Subdivision 2			
			
SVK	SUI	GBR	POL
CRO	GRE	NOR	TUR

Subdivision 3			
			
LAT	ITA	BEL	POR
MIXED GROUP 2	MIXED GROUP 1	HUN	CZE

Mixed Group 1
NED
NED
AZE
AZE
ISL
SWE

Mixed Group 2
UKR
UKR
LIE
MLT
MLT

Wednesday 10th August 2022

Junior - Poidium Training

Warm-up Hall A - Beam & Floor

Warm-up Hall B - Vault & Bars

WAG- Warm-Up Hall						
Start Time	Duration	End Time				
10:30		12:05	Sub Division 1			
10:30	00:10	10:40	Entrance			
10:40	00:20	11:00	General warm up			
11:00	00:15	11:15	IRL / ESP	DEN / BUL	GER / ROU	FRA / ISR
11:15	00:15	11:30	DEN / BUL	IRL / ESP	FRA / ISR	GER / ROU
11:30	00:05	11:35	Change Warm-up Hall			
11:35	00:15	11:50	GER / ROU	FRA / ISR	IRL / ESP	DEN / BUL
11:50	00:15	12:05	FRA / ISR	GER / ROU	DEN / BUL	IRL / ESP
13:30		15:05	Sub Division 2			
13:30	00:10	13:40	Entrance			
13:40	00:20	14:00	General warm up			
14:00	00:15	14:15	POL / TUR	GBR / NOR	SUI / GRE	SVK / CRO
14:15	00:15	14:30	GBR / NOR	POL / TUR	SVK / CRO	SUI / GRE
14:30	00:05	14:35	Change Warm-up Hall			
14:35	00:15	14:50	SUI / GRE	SVK / CRO	POL / TUR	GBR / NOR
14:50	00:15	15:05	SVK / CRO	SUI / GRE	GBR / NOR	POL / TUR
16:00		17:35	Sub Division 3			
16:00	00:10	16:10	Entrance			
16:10	00:20	16:30	General warm up			
16:30	00:15	16:45	POR / CZE	BEL / HUN	ITA / MG 1	LAT / MG 2
16:45	00:15	17:00	BEL / HUN	POR / CZE	LAT / MG 2	ITA / MG 1
17:00	00:05	17:05	Change Warm-up Hall			
17:05	00:15	17:20	ITA / MG 1	LAT / MG 2	POR / CZE	BEL / HUN
17:20	00:15	17:35	LAT / MG 2	ITA / MG 1	BEL / HUN	POR / CZE

WAG - Field of Play - Podium Training						
Start Time	Duration	End Time				
12:20		14:20	Junior Sub-Division 1			
12:10		12:20	Entrance to Field of Play			
12:20	00:30	12:50	FRA / ISR	GER / ROU	DEN / BUL	IRL / ESP
12:50	00:30	13:20	IRL / ESP	FRA / ISR	GER / ROU	DEN / BUL
13:20	00:30	13:50	DEN / BUL	IRL / ESP	FRA / ISR	GER / ROU
13:50	00:30	14:20	GER / ROU	DEN / BUL	IRL / ESP	FRA / ISR

15:20		17:20	Junior Sub-Division 2			
15:10		15:20	Entrance to Field of Play			
15:20	00:30	15:50	SVK / CRO	SUI / GRE	GBR / NOR	POL / TUR
15:50	00:30	16:20	POL / TUR	SVK / CRO	SUI / GRE	GBR / NOR
16:20	00:30	16:50	GBR / NOR	POL / TUR	SVK / CRO	SUI / GRE
16:50	00:30	17:20	SUI / GRE	GBR / NOR	POL / TUR	SVK / CRO

17:50	19:50	Junior Sub-Division 3				
17:40		17:50	Entrance to Field of Play			
17:50	00:30	18:20	LAT / MG 2	ITA / MG 1	BEL / HUN	POR / CZE
18:20	00:30	18:50	POR / CZE	LAT / MG 2	ITA / MG 1	BEL / HUN
18:50	00:30	19:20	BEL / HUN	POR / CZE	LAT / MG 2	ITA / MG 1
19:20	00:30	19:50	ITA / MG 1	BEL / HUN	POR / CZE	LAT / MG 2

Wednesday 10th August 2022

WAG Senior - Scheduled Training

WAG - Training Area 1							
Start Time	Duration	End Time					REST
08:30		10:25	Training Session No. 1				Short
08:30	00:15	08:45	General warm up				
08:45	00:20	09:05	FIN	POR	IRL	ESP	MG 1
09:05	00:20	09:25	MG 1	FIN	POR	IRL	ESP
09:25	00:20	09:45	ESP	MG 1	FIN	POR	IRL
09:45	00:20	10:05	IRL	ESP	MG 1	FIN	POR
10:05	00:20	10:25	POR	IRL	ESP	MG 1	FIN
10:25		12:20	Training Session No. 1				Short
10:25	00:15	10:40	General warm up				
10:40	00:20	11:00	CRO	LAT	GER	SVK	GBR
11:00	00:20	11:20	GBR	CRO	LAT	GER	SVK
11:20	00:20	11:40	SVK	GBR	CRO	LAT	GER
11:40	00:20	12:00	GER	SVK	GBR	CRO	LAT
12:00	00:20	12:20	LAT	GER	SVK	GBR	CRO
12:20		14:15	Training Session No. 1				Short
12:20	00:15	12:35	General warm up				
12:35	00:20	12:55	GRE	FRA	NOR	ROU	DEN
12:55	00:20	13:15	DEN	GRE	FRA	NOR	ROU
13:15	00:20	13:35	ROU	DEN	GRE	FRA	NOR
13:35	00:20	13:55	NOR	ROU	DEN	GRE	FRA
13:55	00:20	14:15	FRA	NOR	ROU	DEN	GRE
14:15		16:35	Training Session No. 2				Long
14:15	00:15	14:30	General warm up				
14:30	00:25	14:55	NED	HUN	SWE	TUR	AUT
14:55	00:25	15:20	AUT	NED	HUN	SWE	TUR
15:20	00:25	15:45	TUR	AUT	NED	HUN	SWE
15:45	00:25	16:10	SWE	TUR	AUT	NED	HUN
16:10	00:25	16:35	HUN	SWE	TUR	AUT	NED
16:35		18:55	Training Session No. 2				Long
16:35	00:15	16:50	General warm up				
16:50	00:25	17:15	ITA	POL	BEL	ISR	CZE
17:15	00:25	17:40	CZE	ITA	POL	BEL	ISR
17:40	00:25	18:05	ISR	CZE	ITA	POL	BEL
18:05	00:25	18:30	BEL	ISR	CZE	ITA	POL
18:30	00:25	18:55	POL	BEL	ISR	CZE	ITA
18:55		21:15	Training Session No. 2				Long
18:55	00:15	19:10	General warm up				
19:10	00:25	19:35	MG 2	UKR	SUI	SLO	ISL
19:35	00:25	20:00	ISL	MG 2	UKR	SUI	SLO
20:00	00:25	20:25	SLO	ISL	MG 2	UKR	SUI
20:25	00:25	20:50	SUI	SLO	ISL	MG 2	UKR
20:50	00:25	21:15	UKR	SUI	SLO	ISL	MG 2

WAG - Training Area 2							
Start time	Duration	End time					REST
08:30		10:25	Training Session No. 1				Short
08:30	00:15	08:45	General warm up				
08:45	00:20	09:05	HUN	SWE	TUR	AUT	NED
09:05	00:20	09:25	NED	HUN	SWE	TUR	AUT
09:25	00:20	09:45	AUT	NED	HUN	SWE	TUR
09:45	00:20	10:05	TUR	AUT	NED	HUN	SWE
10:05	00:20	10:25	SWE	TUR	AUT	NED	HUN
10:25		12:20	Training Session No. 1				Short
10:25	00:15	10:40	General warm up				
10:40	00:20	11:00	POL	BEL	ISR	CZE	ITA
11:00	00:20	11:20	ITA	POL	BEL	ISR	CZE
11:20	00:20	11:40	CZE	ITA	POL	BEL	ISR
11:40	00:20	12:00	ISR	CZE	ITA	POL	BEL
12:00	00:20	12:20	BEL	ISR	CZE	ITA	POL
12:20		14:15	Training Session No. 1				Short
12:20	00:15	12:35	General warm up				
12:35	00:20	12:55	UKR	SUI	SLO	ISL	MG 2
12:55	00:20	13:15	MG 2	UKR	SUI	SLO	ISL
13:15	00:20	13:35	ISL	MG 2	UKR	SUI	SLO
13:35	00:20	13:55	SLO	ISL	MG 2	UKR	SUI
13:55	00:20	14:15	SUI	SLO	ISL	MG 2	UKR
14:15		16:35	Training Session No. 2				Long
14:15	00:15	14:30	General warm up				
14:30	00:25	14:55	MG 1	FIN	POR	IRL	ESP
14:55	00:25	15:20	ESP	MG 1	FIN	POR	IRL
15:20	00:25	15:45	IRL	ESP	MG 1	FIN	POR
15:45	00:25	16:10	POR	IRL	ESP	MG 1	FIN
16:10	00:25	16:35	FIN	POR	IRL	ESP	MG 1
16:35		18:55	Training Session No. 2				Long
16:35	00:15	16:50	General warm up				
16:50	00:25	17:15	GBR	CRO	LAT	GER	SVK
17:15	00:25	17:40	SVK	GBR	CRO	LAT	GER
17:40	00:25	18:05	GER	SVK	GBR	CRO	LAT
18:05	00:25	18:30	LAT	GER	SVK	GBR	CRO
18:30	00:25	18:55	CRO	LAT	GER	SVK	GBR
18:55		21:15	Training Session No 2				Long
18:55	00:15	19:10	General warm up				
19:10	00:25	19:35	DEN	GRE	FRA	NOR	ROU
19:35	00:25	20:00	ROU	DEN	GRE	FRA	NOR
20:00	00:25	20:25	NOR	ROU	DEN	GRE	FRA
20:25	00:25	20:50	FRA	NOR	ROU	DEN	GRE
20:50	00:25	21:15	GRE	FRA	NOR	ROU	DEN

Thursday 11th August 2022

Qualification Competition including All-Around Final - Seniors

Warm-up Hall A - Beam & Floor

Warm-up Hall B - Vault & Bars

WAG- Warm-Up Hall						
Start Time	Duration	End Time				
08:10		09:45	Sub Division 1			
08:10	00:10	08:20	Entrance			
08:20	00:20	08:40	General warm up			
08:40	00:15	08:55	SVK	LAT / GER	NED / CRO	TUR / AUT
08:55	00:15	09:10	LAT / GER	SVK	TUR / AUT	NED / CRO
09:10	00:05	09:15	Change Warm-up Hall			
09:15	00:15	09:30	NED / CRO	TUR / AUT	SVK	LAT / GER
09:30	00:15	09:45	TUR / AUT	NED / CRO	LAT / GER	SVK
10:35		12:10	Sub Division 2			
10:35	00:10	10:45	Entrance			
10:45	00:20	11:05	General warm up			
11:05	00:15	11:20	SWE	MG 1 / HUN	IRL / ESP	FIN / POR
11:20	00:15	11:35	MG 1 / HUN	SWE	FIN / POR	IRL / ESP
11:35	00:05	11:40	Change Warm-up Hall			
11:40	00:15	11:55	IRL / ESP	FIN / POR	SWE	MG 1 / HUN
11:55	00:15	12:10	FIN /POR	IRL / ESP	MG 1 / HUN	SWE
13:40		15:15	Sub Division 3			
13:40	00:10	13:50	Entrance			
13:50	00:20	14:10	General warm up			
14:10	00:15	14:25	ISL / MG 2	SUI / SLO	DEN / UKR	NOR / ROU
14:25	00:15	14:40	SUI / SLO	ISL / MG 2	NOR / ROU	DEN / UKR
14:40	00:05	14:45	Change Warm-up Hall			
14:45	00:15	15:00	DEN / UKR	NOR / ROU	ISL / MG 2	SUI / SLO
15:00	00:15	15:15	NOR / ROU	DEN / UKR	SUI / SLO	ISL / MG 2
16:05		17:40	Sub Division 4			
16:05	00:10	16:15	Entrance			
16:15	00:20	16:35	General warm up			
16:35	00:15	16:50	GRE / FRA	CZE / ITA	BEL / ISR	GBR / POL
16:50	00:15	17:05	CZE / ITA	GRE / FRA	GBR / POL	BEL / ISR
17:05	00:05	17:10	Change Warm-up Hall			
17:10	00:15	17:25	BEL / ISR	GBR / POL	GRE / FRA	CZE / ITA
17:25	00:15	17:40	GBR / POL	BEL / ISR	CZE / ITA	GRE / FRA

WAG - Field of Play - Qualification Competition						
Start Time	Duration	End Time				
10:00		12:02	Senior Sub-Division 1			
09:50	00:10	10:00	Entrance to Field of Play			
10:00	00:31	10:31	TUR / AUT	NED / CRO	LAT / GER	SVK
10:31	00:31	11:02	SVK	TUR / AUT	NED / CRO	LAT / GER
11:02	00:30	11:32	LAT / GER	SVK	TUR / AUT	NED / CRO
11:32	00:30	12:02	NED / CRO	LAT / GER	SVK	TUR / AUT

12:24		14:26	Senior Sub-Division 2			
12:14		12:24	Entrance to Field of Play			
12:24	00:31	12:55	FIN / POR	IRL / ESP	MG 1 / HUN	SWE
12:55	00:31	13:26	SWE	FIN / POR	IRL / ESP	MG 1 / HUN
13:26	00:30	13:56	MG 1 / HUN	SWE	FIN / POR	IRL / ESP
13:56	00:30	14:26	IRL / ESP	MG 1 / HUN	SWE	FIN / POR

15:28		17:31	Senior Sub-Division 3			
15:18		15:28	Entrance to Field of Play			
15:28	00:31	15:59	NOR / ROU	DEN / UKR	SUI / SLO	ISL / MG 2
15:59	00:31	16:30	ISL / MG 2	NOR / ROU	DEN / UKR	SUI / SLO
16:30	00:31	17:01	SUI / SLO	ISL / MG 2	NOR / ROU	DEN / UKR
17:01	00:30	17:31	DEN / UKR	SUI / SLO	ISL / MG 2	NOR / ROU

17:53		19:55	Senior Sub-Division 4			
17:43		17:53	Entrance to Field of Play			
17:53	00:31	18:24	GBR / POL	BEL / ISR	CZE / ITA	GRE / FRA
18:24	00:31	18:55	GRE / FRA	GBR / POL	BEL / ISR	CZE / ITA
18:55	00:30	19:25	CZE / ITA	GRE / FRA	GBR / POL	BEL / ISR
19:25	00:30	19:55	BEL / ISR	CZE / ITA	GRE / FRA	GBR / POL

Thursday 11th August 2022

Junior - Scheduled Training

WAG - Training Area 1						
Start Time	Duration	End Time				
08:30		10:05	Training Session No. 1			
08:30	00:15	08:45	General warm up			
08:45	00:20	09:05	SVK	CRO	SUI	GRE
09:05	00:20	09:25	GRE	SVK	CRO	SUI
09:25	00:20	09:45	SUI	GRE	SVK	CRO
09:45	00:20	10:05	CRO	SUI	GRE	SVK
10:05		11:40	Training Session No. 1			
10:05	00:15	10:20	General warm up			
10:20	00:20	10:40	FRA	ISR	GER	ROU
10:40	00:20	11:00	ROU	FRA	ISR	GER
11:00	00:20	11:20	GER	ROU	FRA	ISR
11:20	00:20	11:40	ISR	GER	ROU	FRA
11:40		13:15	Training Session No. 1			
11:40	00:15	11:55	General warm up			
11:55	00:20	12:15	LAT	MG 2	ITA	MG1
12:15	00:20	12:35	MG1	LAT	MG2	ITA
12:35	00:20	12:55	ITA	MG1	LAT	MG2
12:55	00:20	13:15	MG2	ITA	MG1	LAT
13:45		15:40	Training Session No. 2			
13:45	00:15	14:00	General warm up			
14:00	00:25	14:25	TUR	GBR	NOR	POL
14:25	00:25	14:50	POL	TUR	GBR	NOR
14:50	00:25	15:15	NOR	POL	TUR	GBR
15:15	00:25	15:40	GBR	NOR	POL	TUR
15:40		17:35	Training Session No. 2			
15:40	00:15	15:55	General warm up			
15:55	00:25	16:20	ESP	DEN	BUL	IRL
16:20	00:25	16:45	IRL	ESP	DEN	BUL
16:45	00:25	17:10	BUL	IRL	ESP	DEN
17:10	00:25	17:35	DEN	BUL	IRL	ESP
17:35		19:30	Training Session No. 2			
17:35	00:15	17:50	General warm up			
17:50	00:25	18:15	CZE	BEL	HUN	POR
18:15	00:25	18:40	POR	CZE	BEL	HUN
18:40	00:25	19:05	HUN	POR	CZE	BEL
19:05	00:25	19:30	BEL	HUN	POR	CZE

WAG - Training Area 2						
Start time	Duration	End time				
08:30		10:05	Training Session No. 1			
08:30	00:15	08:45	General warm up			
08:45	00:20	09:05	GBR	NOR	POL	TUR
09:05	00:20	09:25	TUR	GBR	NOR	POL
09:25	00:20	09:45	POL	TUR	GBR	NOR
09:45	00:20	10:05	NOR	POL	TUR	GBR
10:05		11:40	Training Session No. 1			
10:05	00:15	10:20	General warm up			
10:20	00:20	10:40	DEN	BUL	IRL	ESP
10:40	00:20	11:00	ESP	DEN	BUL	IRL
11:00	00:20	11:20	IRL	ESP	DEN	BUL
11:20	00:20	11:40	BUL	IRL	ESP	DEN
11:40		13:15	Training Session No. 1			
11:40	00:15	11:55	General warm up			
11:55	00:20	12:15	BEL	HUN	POR	CZE
12:15	00:20	12:35	CZE	BEL	HUN	POR
12:35	00:20	12:55	POR	CZE	BEL	HUN
12:55	00:20	13:15	HUN	POR	CZE	BEL
13:45		15:40	Training Session No. 2			
13:45	00:15	14:00	General warm up			
14:00	00:25	14:25	GRE	SVK	CRO	SUI
14:25	00:25	14:50	SUI	GRE	SVK	CRO
14:50	00:25	15:15	CRO	SUI	GRE	SVK
15:15	00:25	15:40	SVK	CRO	SUI	GRE
15:40		17:35	Training Session No. 2			
15:40	00:15	15:55	General warm up			
15:55	00:25	16:20	ROU	FRA	ISR	GER
16:20	00:25	16:45	GER	ROU	FRA	ISR
16:45	00:25	17:10	ISR	GER	ROU	FRA
17:10	00:25	17:35	FRA	ISR	GER	ROU
17:35		19:30	Training Session No 2			
17:35	00:15	17:50	General warm up			
17:50	00:25	18:15	MG1	LAT	MG2	ITA
18:15	00:25	18:40	ITA	MG1	LAT	MG2
18:40	00:25	19:05	MG2	ITA	MG1	LAT
19:05	00:25	19:30	LAT	MG2	ITA	MG1

Friday 12th August 2022

Qualification Competition including All-Around Final & Team Final - Juniors

Warm-up Hall A - Beam & Floor

Warm-up Hall B - Vault & Bars

WAG- Warm-Up Hall						
Start Time	Duration	End Time				
10:30		12:05	Sub Division 1			
10:30	00:10	10:40	Entrance			
10:40	00:20	11:00	General warm up			
11:00	00:15	11:15	IRL / ESP	DEN / BUL	GER / ROU	FRA / ISR
11:15	00:15	11:30	DEN / BUL	IRL / ESP	FRA / ISR	GER / ROU
11:30	00:05	11:35	Change Warm-up Hall			
11:35	00:15	11:50	GER / ROU	FRA / ISR	IRL / ESP	DEN / BUL
11:50	00:15	12:05	FRA / ISR	GER / ROU	DEN / BUL	IRL / ESP
13:30		15:05	Sub Division 2			
13:30	00:10	13:40	Entrance			
13:40	00:20	14:00	General warm up			
14:00	00:15	14:15	POL / TUR	GBR / NOR	SUI/GRE	SVK / CRO
14:15	00:15	14:30	GBR / NOR	POL / TUR	SVK / CRO	SUI / GRE
14:30	00:05	14:35	Change Warm-up Hall			
14:35	00:15	14:50	SUI / GRE	SVK / CRO	POL / TUR	GBR / NOR
14:50	00:15	15:05	SVK / CRO	SUI / GRE	GBR / NOR	POL / TUR
16:00		17:35	Sub Division 3			
16:00	00:10	16:10	Entrance			
16:10	00:20	16:30	General warm up			
16:30	00:15	16:45	POR / CZE	BEL / HUN	ITA / MG 1	LAT / MG 2
16:45	00:15	17:00	BEL / HUN	POR / CZE	LAT / MG 2	ITA / MG 1
17:00	00:05	17:05	Change Warm-up Hall			
17:05	00:15	17:20	ITA / MG 1	LAT / MG 2	POR / CZE	BEL / HUN
17:20	00:15	17:35	LAT / MG 2	ITA / MG 1	BEL / HUN	POR / CZE

WAG - Field of Play - Qualification Competition Juniors						
Start Time	Duration	End Time				
12:20		14:20	Junior Sub-Division 1			
12:10		12:20	Entrance to Field of Play			
12:20	00:30	12:50	FRA / ISR	GER / ROU	DEN / BUL	IRL / ESP
12:50	00:30	13:20	IRL / ESP	FRA / ISR	GER / ROU	DEN / BUL
13:20	00:30	13:50	DEN / BUL	IRL / ESP	FRA / ISR	GER / ROU
13:50	00:30	14:20	GER / ROU	DEN / BUL	IRL / ESP	FRA / ISR

15:20		17:20	Junior Sub-Division 2			
15:10		15:20	Entrance to Field of Play			
15:20	00:30	15:50	SVK / CRO	SUI / GRE	GBR / NOR	POL / TUR
15:50	00:30	16:20	POL / TUR	SVK / CRO	SUI / GRE	GBR / NOR
16:20	00:30	16:50	GBR / NOR	POL / TUR	SVK / CRO	SUI / GRE
16:50	00:30	17:20	SUI / GRE	GBR / NOR	POL / TUR	SVK / CRO

17:50		19:50	Junior Sub-Division 3			
17:40		17:50	Entrance to Field of Play			
17:50	00:30	18:20	LAT / MG 2	ITA / MG 1	BEL / HUN	POR / CZE
18:20	00:30	18:50	POR / CZE	LAT / MG 2	ITA / MG 1	BEL / HUN
18:50	00:30	19:20	BEL / HUN	POR / CZE	LAT / MG 2	ITA / MG 1
19:20	00:30	19:50	ITA / MG 1	BEL / HUN	POR / CZE	LAT / MG 2

Friday 12th August 2022

Scheduled Training No. 1 - Senior Team Finalists

WAG -Training Area 1						
Start Time	Duration	End Time				
10:30		12:05	Training Session			Short
10:30	00:15	10:45	General warm up			
10:45	00:20	11:05	Team 1	Team 3	Team 5	Team 7
11:05	00:20	11:25	Team 7	Team 1	Team 3	Team 5
11:25	00:20	11:45	Team 5	Team 7	Team 1	Team 3
11:45	00:20	12:05	Team 3	Team 5	Team 7	Team 1

WAG - Training Area 2						
Start Time	Duration	End Time				
10:30		12:05	Training Session			Short
10:30	00:15	10:45	General warm up			
10:45	00:20	11:05	Team 2	Team 4	Team 6	Team 8
11:05	00:20	11:25	Team 8	Team 2	Team 4	Team 6
11:25	00:20	11:45	Team 6	Team 8	Team 2	Team 4
11:45	00:20	12:05	Team 4	Team 6	Team 8	Team 2

Scheduled Training No. 2 - Senior Team Finalists

WAG -Training Area 1						
Start Time	Duration	End Time				
16:15		17:50	Training Session			Short
16:15	00:15	16:30	General warm up			
16:30	00:20	16:50	Team 2	Team 4	Team 6	Team 8
16:50	00:20	17:10	Team 8	Team 2	Team 4	Team 6
17:10	00:20	17:30	Team 6	Team 8	Team 2	Team 4
17:30	00:20	17:50	Team 4	Team 6	Team 8	Team 2

WAG - Training Area 2						
Start Time	Duration	End Time				
16:15		17:50	Training Session			Short
16:15	00:15	16:30	General warm up			
16:30	00:20	16:50	Team 1	Team 3	Team 5	Team 7
16:50	00:20	17:10	Team 7	Team 1	Team 3	Team 5
17:10	00:20	17:30	Team 5	Team 7	Team 1	Team 3
17:30	00:20	17:50	Team 3	Team 5	Team 7	Team 1

Training on Request for Apparatus Qualifiers & Non-Qualifying Gymnasts

(For Additional Training during the event the National Federation must submit Appendix 3 to the LOC Information Desk, a minimum of 24 hours before the proposed training session)

WAG - Training Area 1						
Start Time	Duration	End Time				
12:15		13:50	Training Session			
12:15	00:15	12:30	General warm up			
12:30	00:20	12:50				
12:50	00:20	13:10				
13:10	00:20	13:30				
13:30	00:20	13:50				
14:00		15:35	Training Session			
14:00	00:15	14:15	General warm up			
14:15	00:20	14:35				
14:35	00:20	14:55				
14:55	00:20	15:15				
15:15	00:20	15:35				

WAG - Training Area 2						
Start Time	Duration	End Time				
12:15		13:50	Training Session			
12:15	00:15	12:30	General warm up			
12:30	00:20	12:50				
12:50	00:20	13:10				
13:10	00:20	13:30				
13:30	00:20	13:50				
14:00		15:35	Training Session			
14:00	00:15	14:15	General warm up			
14:15	00:20	14:35				
14:35	00:20	14:55				
14:55	00:20	15:15				
15:15	00:20	15:35				

Composition of the Groups (according to training requests)	
Group 1 =	
Group 2 =	
Group 3 =	
Group 4 =	

Composition of the Groups (according to training requests)	
Group 5 =	
Group 6 =	
Group 7 =	
Group 8 =	

Composition of the Groups (according to training requests)	
Group 9 =	
Group 10 =	
Group 11 =	
Group 12 =	

Composition of the Groups (according to training requests)	
Group 13 =	
Group 14 =	
Group 15 =	
Group 16 =	

Saturday 13th August 2022

Team Finals - Seniors

Warm-up Hall A - Beam & Floor

Warm-up Hall B - Vault & Bars

WAG TEAM FINAL : Warm-up Hall						
Start Time	Duration	End Time				
12:10		13:45				
12:10	00:10	12:20	Entrance			
12:20	00:20	12:40	General warm up			
12:40	00:15	12:55	T7 & T8	T5 & T6	T3 & T4	T1 & T2
12:55	00:15	13:10	T5 & T6	T7 & T8	T1 & T2	T3 & T4
13:10	00:05	13:15	Change Warm-Up Hall			
13:15	00:15	13:30	T3 & T4	T1 & T2	T7 & T8	T5 & T6
13:30	00:15	13:45	T1 & T2	T3 & T4	T5 & T6	T7 & T8

WAG TEAM FINAL COMPETITION						
Start time	Duration	End time				
14:00		15:40				
14:00	00:25	14:25	T1 & T2	T3 & T4	T5 & T6	T7 & T8
14:25	00:25	14:50	T8 & T7	T2 & T1	T4 & T3	T6 & T5
14:50	00:25	15:15	T5 & T6	T7 & T8	T1 & T2	T3 & T4
15:15	00:25	15:40	T4 & T3	T6 & T5	T8 & T7	T2 & T1
15:40	00:15	15:55	Award Ceremony			

Scheduled Training for Apparatus Finalists - Juniors & Seniors

Scheduled Training

Start Time	Duration	End Time	   
11:00	01:40	12:40	Training Area 1
Open Training - Juniors			

Start Time	Duration	End Time	   
11:00	01:40	12:40	Training Area 2
Open Training - Seniors			

Warm-up Hall - Seniors

Start Time	Duration	End Time	   
16:00	01:40	18:10	Warm-up Hall Seniors
Podium Training will be done <u>1 Apparatus at a time</u> as it will replicate the lighting for Finals			

Podium Training - Seniors

Start Time	Duration	End Time	UNDER LIGHTS
16:30	01:40	18:10	Warm-up Hall Seniors
16:30	00:20	16:50	
16:50	00:30	17:20	
17:20	00:30	17:50	
17:50	00:20	18:10	

Scheduled Training

Apparatus Finalisits - Juniors

Start Time	Duration	End Time	   
16:30	01:40	18:10	Training Area 1
Open Training - Juniors			

Saturday 13th August 2022

Training on Request for Non-Qualifying Gymnasts

For Additional Training during the event the National Federation must submit Appendix 3 to the LOC Information Desk, a minimum of 24 hours before the proposed training session

WAG - Training Area 1

Start Time	Duration	End Time				
18:15		19:50	Training Session			
18:15	00:15	18:30	General warm up			
18:30	00:20	18:50				
18:50	00:20	19:10				
19:10	00:20	19:30				
19:30	00:20	19:50				

Composition of the Groups	
Group 1	
Group 2	
Group 3	
Group 4	

Composition of the Groups	
Group 5	
Group 6	
Group 7	
Group 8	

For Additional Training during the event the National Federation must submit Appendix 3 to the LOC Information Desk, a minimum of 24 hours before the proposed training session

WAG - Training Area 2

Start Time	Duration	End Time				
16:30		18:05	Training Session			
16:30	00:15	16:45	General warm up			
16:45	00:20	17:05				
17:05	00:20	17:25				
17:25	00:20	17:45				
17:45	00:20	18:05				
18:15		19:50	Training Session			
18:15	00:15	18:30	General warm up			
18:30	00:20	18:50				
18:50	00:20	19:10				
19:10	00:20	19:30				
19:30	00:20	19:50				

Composition of the Groups	
Group 9	
Group 10	
Group 11	
Group 12	

Sunday Morning - 14th August 2022

Apparatus Finals - Juniors

Warm-up Hall A - Beam & Floor

Warm-up Hall B - Vault & Bars

Start Time	Duration	End Time				
08:00		12:30	WAG AF Warm-Up - Juniors			
Warm-Up and Open Training for all Apparatus Finalists						

Start Time	Duration	End Time				
10:00		12:50	WAG Junior Apparatus Finals			
08:30		09:30	Open Training on Podium - Juniors			
10:00	00:30	10:30	Vault Final			
10:30	00:30	11:00	Uneven Bars Final			
11:00	00:25	11:25	Medal Ceremony - Vault & Uneven Bars			
11:30	00:30	12:00	Beam Final			
12:00	00:30	12:30	Floor Final			
12:30	00:34	13:04	Medal Ceremony - Beam & Floor			

Sunday Afternoon - 14th August 2022

Apparatus Finals - Seniors

Warm-up Hall A - Beam & Floor

Warm-up Hall B - Vault & Bars

Start Time	Duration	End Time				
12:30		17:20	WAG AF Warm-Up - Seniors			
Warm-Up and Open Training for all Apparatus Finalists						

Start Time	Duration	End Time				
14:30		17:41	WAG Senior Apparatus Finals			
13:05		14:05	Open Training on Podium - Seniors			
14:30	00:28	14:58	Vault Final			
14:58	00:15	15:13	Medal Ceremony			
15:13	00:28	15:41	Uneven Bars Final			
15:41	00:15	15:56	Medal Ceremony			
15:56	00:28	16:24	Beam Final			
16:33	00:15	16:48	Medal Ceremony			
16:48	00:28	17:16	Floor Final			
17:16	00:15	17:31	Medal Ceremony			