



European
Gymnastics

Women's Artistic Gymnastics

TRAINING PLAN



**EUROPEAN
CHAMPIONSHIPS**
ARTISTIC GYMNASTICS
ZAGREB 2026

PRESENTED BY
DOBRO

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					
14:10	00:20	14:30					
14:30	00:20	14:50					
14:50	00:20	15:10					
WAG - Warm-up Hall - Seniors							
Training Session 2							
15:10	00:20	15:30	General warm up				
15:30	00:20	15:50	1				
15:50	00:20	16:10					
16:10	00:20	16:30					
16:30	00:20	16:50					
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					
17:30	00:20	17:50					
17:50	00:20	18:10					
18:10	00:20	18:30					
18:30	00:20	18:50					
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					
19:30	00:20	19:50					
19:50	00:20	20:10					
20:10	00:20	20:30					
20:30	00:20	20:50					

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					
14:10	00:20	14:30					
14:30	00:20	14:50					
14:50	00:20	15:10					
WAG - Training Hall - Juniors							
Training Session 2							
15:10	00:20	15:30	General warm up				
15:30	00:20	15:50					
15:50	00:20	16:10					
16:10	00:20	16:30					
16:30	00:20	16:50					

WAG - Training Hall - Juniors							
Training Session 3							
16:50	00:20	17:10	General warm up				
17:10	00:20	17:30					
17:30	00:20	17:50					
17:50	00:20	18:10					
18:10	00:20	18:30					

WAG - Training Hall - Juniors							
Training Session 4							
18:30	00:20	18:50	General warm up				
18:50	00:20	19:10					
19:10	00:20	19:30					
19:30	00:20	19:50					
19:50	00:20	20:10					

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

Women's Artistic Gymnastics - European Championships, Zagreb

Scheduled Training for Juniors & Seniors

Monday 10th August 2026

WAG - Training Hall - Scheduled Training - SENIORS							
Start Time	Duration	End Time					
Training Session 1							
08:30	00:20	08:50	General warm up				
08:50	00:35	09:25	POR	CZE	HUN	BEL	
09:25	00:35	10:00	BEL	POR	CZE	HUN	
10:00	00:35	10:35	HUN	BEL	POR	CZE	
10:35	00:35	11:10	CZE	HUN	BEL	POR	
Training Session 2							
11:10	00:20	11:30	General warm up				
11:30	00:35	12:05	WG1/SVK	MLT&SRB/ MG1	FIN	NOR	
12:05	00:35	12:40	NOR	WG1/SVK	MLT&SRB/ MG1	FIN	
12:40	00:35	13:15	FIN	NOR	WG1/SVK	MLT&SRB/ MG1	
13:15	00:35	13:50	MLT&SRB/ MG1	FIN	NOR	WG1/SVK	
Training Session 3							
13:50	00:20	14:10	General warm up				
14:10	00:35	14:45	IRL/SUI	WG2/MG2	AUT/UKR	NED/GRE	
14:45	00:35	15:20	NED/GRE	IRL/SUI	WG2/MG2	AUT/UKR	
15:20	00:35	15:55	AUT/UKR	NED/GRE	IRL/SUI	WG2/MG2	
15:55	00:35	16:30	WG2/MG2	AUT/UKR	NED/GRE	IRL/SUI	
Training Session 4							
16:30	00:20	16:50	General warm up				
16:50	00:35	17:25	SLO/ESP	AZE/BUL	GBR/ISL	TUR/SWE	
17:25	00:35	18:00	TUR/SWE	SLO/ESP	AZE/BUL	GBR/ISL	
18:00	00:35	18:35	GBR/ISL	TUR/SWE	SLO/ESP	AZE/BUL	
18:35	00:35	19:10	AZE/BUL	GBR/ISL	TUR/SWE	SLO/ESP	
Training Session 5							
19:10	00:20	19:30	General warm up				
19:30	00:35	20:05	CRO/GER	LAT/FRA	POL/ITA	ROU/ISR	
20:05	00:35	20:40	ROU/ISR	CRO/GER	LAT/FRA	POL/ITA	
20:40	00:35	21:15	POL/ITA	ROU/ISR	CRO/GER	LAT/FRA	
21:15	00:35	21:50	LAT/FRA	POL/ITA	ROU/ISR	CRO/GER	

WAG - Warm-up Hall - Scheduled Training - JUNIORS							
Start Time	Duration	End Time					
Training Session 1							
09:30	00:20	09:50	General warm up				
09:50	00:35	10:25	MG3/GEO	ISR/WG2	GER/IRL	ITA	
10:25	00:35	11:00	ITA	MG3/GEO	ISR/WG2	GER/IRL	
11:00	00:35	11:35	GER/IRL	ITA	MG3/GEO	ISR/WG2	
11:35	00:35	12:10	ISR/WG2	GER/IRL	ITA	MG3/GEO	
Training Session 2							
12:10	00:20	12:30	General warm up				
12:30	00:35	13:05	LUX/POL	SUI/DEN	ROU/SLO	ESP/WG1	
13:05	00:35	13:40	ESP/WG1	LUX/POL	SUI/DEN	ROU/SLO	
13:40	00:35	14:15	ROU/SLO	ESP/WG1	LUX/POL	SUI/DEN	
14:15	00:35	14:50	SUI/DEN	ROU/SLO	ESP/WG1	LUX/POL	
Training Session 3							
14:50	00:20	15:10	General warm up				
15:10	00:35	15:45	MG1/AZE	ISL/FIN	GBR/MG2	AUT/CZE	
15:45	00:35	16:20	AUT/CZE	MG1/AZE	ISL/FIN	GBR/MG2	
16:20	00:35	16:55	GBR/MG2	AUT/CZE	MG1/AZE	ISL/FIN	
16:55	00:35	17:30	ISL/FIN	GBR/MG2	AUT/CZE	MG1/AZE	
Training Session 4							
17:30	00:20	17:50	General warm up				
17:50	00:35	18:25	NOR/POR	CYP/SVK	FRA/CRO	BEL/KOS&GRE	
18:25	00:35	19:00	BEL/KOS&GRE	NOR/POR	CYP/SVK	FRA/CRO	
19:00	00:35	19:35	FRA/CRO	BEL/KOS&GRE	NOR/POR	CYP/SVK	
19:35	00:35	20:10	CYP/SVK	FRA/CRO	BEL/KOS&GRE	NOR/POR	



European
Gymnastics

Women's Artistic Gymnastics - European Championships, Zagreb

Starting Order for the SENIOR Qualification Competition & Composition of the Mixed Groups

SUBDIVISION 1			
			
POR	CZE	HUN	BEL

SUBDIVISION 2			
			
WG1	MLT & SRB	FIN	NOR
SVK	MG1		

SUBDIVISION 3			
			
IRL	WG2	AUT	NED
SUI	MG2	UKR	GRE

SUBDIVISION 4			
			
SLO	AZE	GBR	TUR
ESP	BUL	ISL	SWE

SUBDIVISION 5			
			
CRO	LAT	POL	ROU
GER	FRA	ITA	ISR

MIXED GROUP 1
CYP
CYP
DEN
LTU

MIXED GROUP 2
GEO
GEO
LUX
LIE

WAG - Warm-Up Hall							
Start Time	Duration	End Time					
			Warm-up Sub-Division 1				
07:45	00:10	07:55	Entrance to Warm-up Hall				
07:55	00:20	08:15	General warm up				
08:15	00:15	08:30	BEL	POR	CZE	HUN	
08:30	00:15	08:45	HUN	BEL	POR	CZE	
08:45	00:15	09:00	CZE	HUN	BEL	POR	
09:00	00:15	09:15	POR	CZE	HUN	BEL	
			Warm-up Sub-Division 2				
09:15	00:10	09:25	Entrance to Warm-up Hall				
09:25	00:20	09:45	General warm up				
09:45	00:15	10:00	NOR	WG1/SVK	MLT&SRB/ MG1	FIN	
10:00	00:15	10:15	FIN	NOR	WG1/SVK	MLT&SRB/ MG1	
10:15	00:15	10:30	MLT&SRB/ MG1	FIN	NOR	WG1/SVK	
10:30	00:15	10:45	WG1/SVK	MLT&SRB/ MG1	FIN	NOR	
			Warm-up Sub-Division 3				
11:45	00:10	11:55	Entrance to Warm-up Hall				
11:55	00:20	12:15	General warm up				
12:15	00:15	12:30	NED/GRE	IRL/SUI	WG2/MG2	AUT/UKR	
12:30	00:15	12:45	AUT/UKR	NED/GRE	IRL/SUI	WG2/MG2	
12:45	00:15	13:00	WG2/MG2	AUT/UKR	NED/GRE	IRL/SUI	
13:00	00:15	13:15	IRL/SUI	WG2/MG2	AUT/UKR	NED/GRE	
			Warm-up Sub-Division 4				
14:45	00:10	14:55	Entrance to Warm-up Hall				
14:55	00:20	15:15	General warm up				
15:15	00:15	15:30	TUR/SWE	SLO/ESP	AZE/BUL	GBR/ISL	
15:30	00:15	15:45	GBR/ISL	TUR/SWE	SLO/ESP	AZE/BUL	
15:45	00:15	16:00	AZE/BUL	GBR/ISL	TUR/SWE	SLO/ESP	
16:00	00:15	16:15	SLO/ESP	AZE/BUL	GBR/ISL	TUR/SWE	
			Warm-up Sub-Division 5				
17:15	00:10	17:25	Entrance to Warm-up Hall				
17:25	00:20	17:45	General warm up				
17:45	00:15	18:00	ROU/ISR	CRO/GER	LAT/FRA	POL/ITA	
18:00	00:15	18:15	POL/ITA	ROU/ISR	CRO/GER	LAT/FRA	
18:15	00:15	18:30	LAT/FRA	POL/ITA	ROU/ISR	CRO/GER	
18:30	00:15	18:45	CRO/GER	LAT/FRA	POL/ITA	ROU/ISR	

WAG - Field of Play - Podium Training							
Start Time	Duration	End Time					
			Sub-Division 1				
09:20	00:10	09:30	Entrance to Field of Play				
09:30	00:15	09:45	POR	CZE	HUN	BEL	
09:45	00:15	10:00	BEL	POR	CZE	HUN	
10:00	00:15	10:15	HUN	BEL	POR	CZE	
10:15	00:15	10:30	CZE	HUN	BEL	POR	
			Sub-Division 2				
10:50	00:10	11:00	Entrance to Field of Play				
11:00	00:30	11:30	WG1/SVK	MLT&SRB/ MG1	FIN	NOR	
11:30	00:30	12:00	NOR	WG1/SVK	MLT&SRB/ MG1	FIN	
12:00	00:30	12:30	FIN	NOR	WG1/SVK	MLT&SRB/ MG1	
12:30	00:30	13:00	MLT&SRB/ MG1	FIN	NOR	WG1/SVK	
			Sub-Division 3				
13:20	00:10	13:30	Entrance to Field of Play				
13:30	00:30	14:00	IRL/SUI	WG2/MG2	AUT/UKR	NED/GRE	
14:00	00:30	14:30	NED/GRE	IRL/SUI	WG2/MG2	AUT/UKR	
14:30	00:30	15:00	AUT/UKR	NED/GRE	IRL/SUI	WG2/MG2	
15:00	00:30	15:30	WG2/MG2	AUT/UKR	NED/GRE	IRL/SUI	
			Sub-Division 4				
16:20	00:10	16:30	Entrance to Field of Play				
16:30	00:30	17:00	SLO/ESP	AZE/BUL	GBR/ISL	TUR/SWE	
17:00	00:30	17:30	TUR/SWE	SLO/ESP	AZE/BUL	GBR/ISL	
17:30	00:30	18:00	GBR/ISL	TUR/SWE	SLO/ESP	AZE/BUL	
18:00	00:30	18:30	AZE/BUL	GBR/ISL	TUR/SWE	SLO/ESP	
			Sub-Division 5				
18:50	00:10	19:00	Entrance to Field of Play				
19:00	00:30	19:30	CRO/GER	LAT/FRA	POL/ITA	ROU/ISR	
19:30	00:30	20:00	ROU/ISR	CRO/GER	LAT/FRA	POL/ITA	
20:00	00:30	20:30	POL/ITA	ROU/ISR	CRO/GER	LAT/FRA	
20:30	00:30	21:00	LAT/FRA	POL/ITA	ROU/ISR	CRO/GER	

Women's Artistic Gymnastics - European Championships, Zagreb

Tuesday 11th August 2026

Scheduled Training - JUNIORS

WAG - Training Hall						
Start Time	Duration	End Time				
09:30		12:10	Training Session 1			
09:30	00:20	09:50	General warm up			
09:50	00:35	10:25	MG3/GEO	ISR/WG2	GER/IRL	ITA
10:25	00:35	11:00	ITA	MG3/GEO	ISR/WG2	GER/IRL
11:00	00:35	11:35	GER/IRL	ITA	MG3/GEO	ISR/WG2
11:35	00:35	12:10	ISR/WG2	GER/IRL	ITA	MG3/GEO
12:10		14:50	Training Session 2			
12:10	00:20	12:30	General warm up			
12:30	00:35	13:05	LUX/POL	SUI/DEN	ROU/SLO	ESP/WG1
13:05	00:35	13:40	ESP/WG1	LUX/POL	SUI/DEN	ROU/SLO
13:40	00:35	14:15	ROU/SLO	ESP/WG1	LUX/POL	SUI/DEN
14:15	00:35	14:50	SUI/DEN	ROU/SLO	ESP/WG1	LUX/POL
14:50		17:30	Training Session 3			
14:50	00:20	15:10	General warm up			
15:10	00:35	15:45	MG1/AZE	ISL/FIN	GBR/MG2	AUT/CZE
15:45	00:35	16:20	AUT/CZE	MG1/AZE	ISL/FIN	GBR/MG2
16:20	00:35	16:55	GBR/MG2	AUT/CZE	MG1/AZE	ISL/FIN
16:55	00:35	17:30	ISL/FIN	GBR/MG2	AUT/CZE	MG1/AZE
17:30		20:10	Training Session 4			
17:30	00:20	17:50	General warm up			
17:50	00:35	18:25	NOR/POR	CYP/SVK	FRA/CRO	BEL/KOS&GRE
18:25	00:35	19:00	BEL/KOS&GRE	NOR/POR	CYP/SVK	FRA/CRO
19:00	00:35	19:35	FRA/CRO	BEL/KOS&GRE	NOR/POR	CYP/SVK
19:35	00:35	20:10	CYP/SVK	FRA/CRO	BEL/KOS&GRE	NOR/POR



Women's Artistic Gymnastics - European Championships, Zagreb
Starting Order for the JUNIOR Qualification Competition & Composition of the Mixed Groups

SUBDIVISION 1			
			
MG3	ISR	GER	ITA
GEO	WG2	IRL	

SUBDIVISION 2			
			
LUX	SUI	ROU	ESP
POL	DEN	SLO	WG1

SUBDIVISION 3			
			
MG1	ISL	GBR	AUT
AZE	FIN	MG2	CZE

SUBDIVISION 4			
			
NOR	CYP	FRA	BEL
POR	SVK	CRO	KOS & GRE

MIXED GROUP 1
TUR
TUR
NED
NED

MIXED GROUP 2
HUN
HUN
UKR
UKR

MIXED GROUP 3
MLT
MLT
BUL
BUL

WAG - Warm-Up Hall						
Start Time	Duration	End Time				
Warm-up for Sub-Division 1						
08:15	00:10	08:25	Entrance to Warm-up Hall			
08:25	00:20	08:45	General Warm-up			
08:45	00:15	09:00	ITA	MG3/GEO	ISR/WG2	GER/IRL
09:00	00:15	09:15	GER/IRL	ITA	MG3/GEO	ISR/WG2
09:15	00:15	09:30	ISR/WG2	GER/IRL	ITA	MG3/GEO
09:30	00:15	09:45	MG3/GEO	ISR/WG2	GER/IRL	ITA
Warm-up for Sub-Division 2						
10:45	00:10	10:55	Entrance to Warm-up Hall			
10:55	00:20	11:15	General Warm-up			
11:15	00:15	11:30	ESP/WG1	LUX/POL	SUI/DEN	ROU/SLO
11:30	00:15	11:45	ROU/SLO	ESP/WG1	LUX/POL	SUI/DEN
11:45	00:15	12:00	SUI/DEN	ROU/SLO	ESP/WG1	LUX/POL
12:00	00:15	12:15	LUX/POL	SUI/DEN	ROU/SLO	ESP/WG1
Warm-up for Sub-Division 3						
13:45	00:10	13:55	Entrance to Warm-up Hall			
13:55	00:20	14:15	General Warm-up			
14:15	00:15	14:30	AUT/CZE	MG1/AZE	ISL/FIN	GBR/MG2
14:30	00:15	14:45	GBR/MG2	AUT/CZE	MG1/AZE	ISL/FIN
14:45	00:15	15:00	ISL/FIN	GBR/MG2	AUT/CZE	MG1/AZE
15:00	00:15	15:15	MG1/AZE	ISL/FIN	GBR/MG2	AUT/CZE
Warm-up for Sub-Division 4						
16:15	00:10	16:25	Entrance to Warm-up Hall			
16:25	00:20	16:45	General Warm-up			
16:45	00:15	17:00	BEL/KOS&GRE	NOR/POR	CYP/SVK	FRA/CRO
17:00	00:15	17:15	FRA/CRO	BEL/KOS&GRE	NOR/POR	CYP/SVK
17:15	00:15	17:30	CYP/SVK	FRA/CRO	BEL/KOS&GRE	NOR/POR
17:30	00:15	17:45	NOR/POR	CYP/SVK	FRA/CRO	BEL/KOS&GRE

WAG - Field of Play - Podium Training						
Start Time	Duration	End Time				
Sub-Division 1						
09:50	00:10	10:00	Entrance to Field of Play			
10:00	00:30	10:30	MG3/GEO	ISR/WG2	GER/IRL	ITA
10:30	00:30	11:00	ITA	MG3/GEO	ISR/WG2	GER/IRL
11:00	00:30	11:30	GER/IRL	ITA	MG3/GEO	ISR/WG2
11:30	00:30	12:00	ISR/WG2	GER/IRL	ITA	MG3/GEO

Sub-Division 2						
12:20		12:30	Entrance to Field of Play			
12:30	00:30	13:00	LUX/POL	SUI/DEN	ROU/SLO	ESP/WG1
13:00	00:30	13:30	ESP/WG1	LUX/POL	SUI/DEN	ROU/SLO
13:30	00:30	14:00	ROU/SLO	ESP/WG1	LUX/POL	SUI/DEN
14:00	00:30	14:30	SUI/DEN	ROU/SLO	ESP/WG1	LUX/WG1

Sub-Division 3						
15:20	00:10	15:30	Entrance to Field of Play			
15:30	00:30	16:00	MG1/AZE	ISL/FIN	GBR/MG2	AUT/CZE
16:00	00:30	16:30	AUT/CZE	MG1/AZE	ISL/FIN	GBR/MG2
16:30	00:30	17:00	GBR/MG2	AUT/CZE	MG1/AZE	ISL/FIN
17:00	00:30	17:30	ISL/FIN	GBR/MG2	AUT/CZE	MG1/AZE

Sub-Division 4						
17:50	00:10	18:00	Entrance to Field of Play			
18:00	00:30	18:30	NOR/POR	CYP/SVK	FRA/CRO	BEL/KOS&GRE
18:30	00:30	19:00	BEL/KOS&GRE	NOR/POR	CYP/SVK	FRA/CRO
19:00	00:30	19:30	FRA/CRO	BEL/KOS&GRE	NOR/POR	CYP/SVK
19:30	00:30	20:00	CYP/SVK	FRA/CRO	BEL/KOS&GRE	NOR/POR

Women's Artistic Gymnastics - European Championships, Zagreb

Wednesday 12th August 2026

Scheduled Training - SENIORS

WAG - Training Hall							
Start Time	Duration	End Time					
08:30		11:10	Training Session 1				
08:30	00:20	08:50	General Warm-up				
08:50	00:35	09:25	POR	CZE	HUN	BEL	
09:25	00:35	10:00	BEL	POR	CZE	HUN	
10:00	00:35	10:35	HUN	BEL	POR	CZE	
10:35	00:35	11:10	CZE	HUN	BEL	POR	
11:10		13:50	Training Session 2				
11:10	00:20	11:30	General Warm-up				
11:30	00:35	12:05	WG1/SVK	MLT&SRB/ MG1	FIN	NOR	
12:05	00:35	12:40	NOR	WG1/SVK	MLT&SRB/ MG1	FIN	
12:40	00:35	13:15	FIN	NOR	WG1/SVK	MLT&SRB/ MG1	
13:15	00:35	13:50	MLT&SRB/ MG1	FIN	NOR	WG1/SVK	
13:50		16:30	Training Session 3				
13:50	00:20	14:10	General Warm-up				
14:10	00:35	14:45	IRL/SUI	WG2/MG2	AUT/UKR	NED/GRE	
14:45	00:35	15:20	NED/GRE	IRL/SUI	WG2/MG2	AUT/UKR	
15:20	00:35	15:55	AUT/UKR	NED/GRE	IRL/SUI	WG2/MG2	
15:55	00:35	16:30	WG2/MG2	AUT/UKR	NED/GRE	IRL/SUI	
16:30		19:10	Training Session 4				
16:30	00:20	16:50	General Warm-up				
16:50	00:35	17:25	SLO/ESP	AZE/BUL	GBR/ISL	TUR/SWE	
17:25	00:35	18:00	TUR/SWE	SLO/ESP	AZE/BUL	GBR/ISL	
18:00	00:35	18:35	GBR/ISL	TUR/SWE	SLO/ESP	AZE/BUL	
18:35	00:35	19:10	AZE/BUL	GBR/ISL	TUR/SWE	SLO/ESP	
19:10		21:50	Training Session 5				
19:10	00:20	19:30	General Warm-up				
19:30	00:35	20:05	CRO/GER	LAT/FRA	POL/ITA	ROU/ISR	
20:05	00:35	20:40	ROU/ISR	CRO/GER	LAT/FRA	POL/ITA	
20:40	00:35	21:15	POL/ITA	ROU/ISR	CRO/GER	LAT/FRA	
21:15	00:35	21:50	LAT/FRA	POL/ITA	ROU/ISR	CRO/GER	

WAG - Warm-Up Hall						
Start Time	Duration	End Time				
Warm-up Sub-Division 1						
07:45	00:10	07:55	Entrance to Warm-up Hall			
07:55	00:20	08:15	General Warm-up			
08:15	00:15	08:30	BEL	POR	CZE	HUN
08:30	00:15	08:45	HUN	BEL	POR	CZE
08:45	00:15	09:00	CZE	HUN	BEL	POR
09:00	00:15	09:15	POR	CZE	HUN	BEL
Warm-up Sub-Division 2						
09:15	00:10	09:25	Entrance to Warm-up Hall			
09:25	00:20	09:45	General Warm-up			
09:45	00:15	10:00	NOR	WG1/SVK	MLT&SRB/ MG1	FIN
10:00	00:15	10:15	FIN	NOR	WG1/SVK	MLT&SRB/ MG1
10:15	00:15	10:30	MLT&SRB/ MG1	FIN	NOR	WG1/SVK
10:30	00:15	10:45	WG1/SVK	MLT&SRB/ MG1	FIN	NOR
Warm-up Sub-Division 3						
11:45	00:10	11:55	Entrance to Warm-up Hall			
11:55	00:20	12:15	General Warm-up			
12:15	00:15	12:30	NED/GRE	IRL/SUI	WG2/MG2	AUT/UKR
12:30	00:15	12:45	AUT/UKR	NED/GRE	IRL/SUI	WG2/MG2
12:45	00:15	13:00	WG2/MG2	AUT/UKR	NED/GRE	IRL/SUI
13:00	00:15	13:15	IRL/SUI	WG2/MG2	AUT/UKR	NED/GRE
Warm-up Sub-Division 4						
14:45	00:10	14:55	Entrance to Warm-up Hall			
14:55	00:20	15:15	General Warm-up			
15:15	00:15	15:30	TUR/SWE	SLO/ESP	AZE/BUL	GBR/ISL
15:30	00:15	15:45	GBR/ISL	TUR/SWE	SLO/ESP	AZE/BUL
15:45	00:15	16:00	AZE/BUL	GBR/ISL	TUR/SWE	SLO/ESP
16:00	00:15	16:15	SLO/ESP	AZE/BUL	GBR/ISL	TUR/SWE
Warm-up Sub-Division 5						
17:15	00:10	17:25	Entrance to Warm-up Hall			
17:25	00:20	17:45	General Warm-up			
17:45	00:15	18:00	ROU/ISR	CRO/GER	LAT/FRA	POL/ITA
18:00	00:15	18:15	POL/ITA	ROU/ISR	CRO/GER	LAT/FRA
18:15	00:15	18:30	LAT/FRA	POL/ITA	ROU/ISR	CRO/GER
18:30	00:15	18:45	CRO/GER	LAT/FRA	POL/ITA	ROU/ISR

WAG - Field of Play - Qualification Competition						
Start Time	Duration	End Time				
Sub-Division 1						
09:20	00:10	09:30	Entrance to Field of Play			
09:30	00:16	09:46	POR	CZE	HUN	BEL
09:46	00:16	10:02	BEL	POR	CZE	HUN
10:02	00:16	10:18	HUN	BEL	POR	CZE
10:18	00:17	10:35	CZE	HUN	BEL	POR
Sub-Division 2						
10:50	00:10	11:00	Entrance to Field of Play			
11:00	00:31	11:31	WG1/SVK	MLT&SRB/ MG1	FIN	NOR
11:31	00:31	12:02	NOR	WG1/SVK	MLT&SRB/ MG1	FIN
12:02	00:31	12:33	FIN	NOR	WG1/SVK	MLT&SRB/ MG1
12:33	00:32	13:05	MLT&SRB/ MG1	FIN	NOR	WG1/SVK
Sub-Division 3						
13:20	00:10	13:30	Entrance to Field of Play			
13:30	00:31	14:01	IRL/SUI	WG2/MG2	AUT/UKR	NED/GRE
14:01	00:31	14:32	NED/GRE	IRL/SUI	WG2/MG2	AUT/UKR
14:32	00:31	15:03	AUT/UKR	NED/GRE	IRL/SUI	WG2/MG2
15:03	00:32	15:35	WG2/MG2	AUT/UKR	NED/GRE	IRL/SUI
Sub-Division 4						
16:20	00:10	16:30	Entrance to Field of Play			
16:30	00:31	17:01	SLO/ESP	AZE/BUL	GBR/ISL	TUR/SWE
17:01	00:31	17:32	TUR/SWE	SLO/ESP	AZE/BUL	GBR/ISL
17:32	00:31	18:03	GBR/ISL	TUR/SWE	SLO/ESP	AZE/BUL
18:03	00:32	18:35	AZE/BUL	GBR/ISL	TUR/SWE	SLO/ESP
Sub-Division 5						
18:50	00:10	19:00	Entrance to Field of Play			
19:00	00:31	19:31	CRO/GER	LAT/FRA	POL/ITA	ROU/ISR
19:31	00:31	20:02	ROU/ISR	CRO/GER	LAT/FRA	POL/ITA
20:02	00:31	20:33	POL/ITA	ROU/ISR	CRO/GER	LAT/FRA
20:33	00:32	21:05	LAT/FRA	POL/ITA	ROU/ISR	CRO/GER

Women's Artistic Gymnastics - European Championships, Zagreb

Thursday 13th August 2026

Scheduled Training - JUNIORS

WAG - Training Hall						
Start Time	Duration	End Time				
Training Session 1						
09:30	00:20	09:50	General warm up			
09:50	00:35	10:25	MG3/GEO	ISR/WG2	GER/IRL	ITA
10:25	00:35	11:00	ITA	MG3/GEO	ISR/WG2	GER/IRL
11:00	00:35	11:35	GER/IRL	ITA	MG3/GEO	ISR/WG2
11:35	00:35	12:10	ISR/WG2	GER/IRL	ITA	MG3/GEO
Training Session 2						
12:10	00:20	12:30	General warm up			
12:30	00:35	13:05	LUX/POL	SUI/DEN	ROU/SLO	ESP/WG1
13:05	00:35	13:40	ESP/WG1	LUX/POL	SUI/DEN	ROU/SLO
13:40	00:35	14:15	ROU/SLO	ESP/WG1	LUX/POL	SUI/DEN
14:15	00:35	14:50	SUI/DEN	ROU/SLO	ESP/WG1	LUX/POL
Training Session 3						
14:50	00:20	15:10	General warm up			
15:10	00:35	15:45	MG1/AZE	ISL/FIN	GBR/MG2	AUT/CZE
15:45	00:35	16:20	AUT/CZE	MG1/AZE	ISL/FIN	GBR/MG2
16:20	00:35	16:55	GBR/MG2	AUT/CZE	MG1/AZE	ISL/FIN
16:55	00:35	17:30	ISL/FIN	GBR/MG2	AUT/CZE	MG1/AZE
Training Session 4						
17:30	00:20	17:50	General warm up			
17:50	00:35	18:25	NOR/POR	CYP/SVK	FRA/CRO	BEL/KOS&GRE
18:25	00:35	19:00	BEL/KOS&GRE	NOR/POR	CYP/SVK	FRA/CRO
19:00	00:35	19:35	FRA/CRO	BEL/KOS&GRE	NOR/POR	CYP/SVK
19:35	00:35	20:10	CYP/SVK	FRA/CRO	BEL/KOS&GRE	NOR/POR

WAG - Warm-Up Hall						
Start Time	Duration	End Time				
Warm-up Sub-Division 1						
08:15	00:10	08:25	Entrance to Warm-up Hall			
08:25	00:20	08:45	General Warm-up			
08:45	00:15	09:00	ITA	MG3/GEO	ISR/WG2	GER/IRL
09:00	00:15	09:15	GER/IRL	ITA	MG3/GEO	ISR/WG2
09:15	00:15	09:30	ISR/WG2	GER/IRL	ITA	MG3/GEO
09:30	00:15	09:45	MG3/GEO	ISR/WG2	GER/IRL	ITA
Warm-up Sub-Division 2						
10:45	00:10	10:55	Entrance to Warm-up Hall			
10:55	00:20	11:15	General Warm-up			
11:15	00:15	11:30	ESP/WG1	LUX/POL	SUI/DEN	ROU/SLO
11:30	00:15	11:45	ROU/SLO	ESP/WG1	LUX/POL	SUI/DEN
11:45	00:15	12:00	SUI/DEN	ROU/SLO	ESP/WG1	LUX/POL
12:00	00:15	12:15	LUX/POL	SUI/DEN	ROU/SLO	ESP/WG1
Warm-up Sub-Division 3						
13:45	00:10	13:55	Entrance to Warm-up Hall			
13:55	00:20	14:15	General Warm-up			
14:15	00:15	14:30	AUT/CZE	MG1/AZE	ISL/FIN	GBR/MG2
14:30	00:15	14:45	GBR/MG2	AUT/CZE	MG1/AZE	ISL/FIN
14:45	00:15	15:00	ISL/FIN	GBR/MG2	AUT/CZE	MG1/AZE
15:00	00:15	15:15	MG1/AZE	ISL/FIN	GBR/MG2	AUT/CZE
Warm-up Sub-Division 4						
16:15	00:10	16:25	Entrance to Warm-up Hall			
16:25	00:20	16:45	General Warm-up			
16:45	00:15	17:00	BEL/KOS&GRE	NOR/POR	CYP/SVK	FRA/CRO
17:00	00:15	17:15	FRA/CRO	BEL/KOS&GRE	NOR/POR	CYP/SVK
17:15	00:15	17:30	CYP/SVK	FRA/CRO	BEL/KOS&GRE	NOR/POR
17:30	00:15	17:45	NOR/POR	CYP/SVK	FRA/CRO	BEL/KOS&GRE

WAG - Field of Play - Qualification Competition						
Start Time	Duration	End Time				
Sub-Division 1						
09:50	00:10	10:00	Entrance to Field of Play			
10:00	00:31	10:31	MG3/GEO	ISR/WG2	GER/IRL	ITA
10:31	00:31	11:02	ITA	MG3/GEO	ISR/WG2	GER/IRL
11:02	00:31	11:33	GER/IRL	ITA	MG3/GEO	ISR/WG2
11:33	00:32	12:05	ISR/WG2	GER/IRL	ITA	MG3/GEO

Sub-Division 2						
12:20	00:10	12:30	Entrance to Field of Play			
12:30	00:31	13:01	LUX/POL	SUI/DEN	ROU/SLO	ESP/WG1
13:01	00:31	13:32	ESP/WG1	LUX/POL	SUI/DEN	ROU/SLO
13:32	00:31	14:03	ROU/SLO	ESP/WG1	LUX/POL	SUI/DEN
14:03	00:32	14:35	SUI/DEN	ROU/SLO	ESP/WG1	LUX/POL

Sub-Division 3						
15:20	00:10	15:30	Entrance to Field of Play			
15:30	00:31	16:01	MG1/AZE	ISL/FIN	GBR/MG2	AUT/CZE
16:01	00:31	16:32	AUT/CZE	MG1/AZE	ISL/FIN	GBR/MG2
16:32	00:31	17:03	GBR/MG2	AUT/CZE	MG1/AZE	ISL/FIN
17:03	00:32	17:35	ISL/FIN	GBR/MG2	AUT/CZE	MG1/AZE

Sub-Division 4						
17:50	00:10	18:00	Entrance to Field of Play			
18:00	00:31	18:31	NOR/POR	CYP/SVK	FRA/CRO	BEL/KOS&GRE
18:31	00:31	19:02	BEL/KOS&GRE	NOR/POR	CYP/SVK	FRA/CRO
19:02	00:31	19:33	FRA/CRO	BEL/KOS&GRE	NOR/POR	CYP/SVK
19:33	00:32	20:05	CYP/SVK	FRA/CRO	BEL/KOS&GRE	NOR/POR



Women's Artistic Gymnastics - European Championships, Zagreb

Friday 14th August 2026

Scheduled Training for Senior Apparatus Finalists & Senior Team Finalists

Scheduled Training for <u>SENIOR</u> Apparatus Finalists inc. 3 x Reserve Gymnasts						
WAG - Training Hall						
Start Time	Duration	End Time				
10:00	02:30	12:30				
Open Training for Apparatus Qualifiers including the 1st 3 x Reserve Gymnasts on each Apparatus						

Scheduled Training for <u>SENIOR</u> Team Finalists						
WAG - Training Hall						
Start Time	Duration	End Time				
Team Finalists Training Session 1						
14:00	00:20	14:20	General warm up			
14:20	00:35	14:55	Team 1	Team 3	Team 5	Team 7
14:55	00:35	15:30	Team 7	Team 1	Team 3	Team 5
15:30	00:35	16:05	Team 5	Team 7	Team 1	Team 3
16:05	00:35	16:40	Team 3	Team 5	Team 7	Team 1

Scheduled Training for <u>SENIOR</u> Team Finalists						
WAG - Training Hall						
Start Time	Duration	End Time				
Team Finalists Training Session 2						
16:40	00:20	17:00	General warm up			
17:00	00:35	17:35	Team 2	Team 4	Team 6	Team 8
17:35	00:35	18:10	Team 8	Team 2	Team 4	Team 6
18:10	00:35	18:45	Team 6	Team 8	Team 2	Team 4
18:45	00:35	19:20	Team 4	Team 6	Team 8	Team 2



Women's Artistic Gymnastics - European Championships, Zagreb

Friday 14th August 2026

Training on Request for Non-Qualified Gymnasts

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

Scheduled Training for SENIOR - Non-Qualified Gymnasts						
WAG - Training Hall						
Start Time	Duration	End Time				
19:20	00:20	19:40	General Warm-up			
19:40	00:35	20:15				
20:15	00:35	20:50				
20:50	00:35	21:25				
21:25	00:35	22:00				

Scheduled Training for SENIOR - Non-Qualified Gymnasts						
WAG - Warm-up Hall						
Start Time	Duration	End Time				
19:45	00:20	20:05	General warm up			
20:05	00:35	20:40				
20:40	00:35	21:15				
21:15	00:35	21:50				
21:50	00:35	22:25				

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

Scheduled Training for <u>JUNIOR</u> Apparatus Finalists inc. 3 x Reserve Gymnasts						
WAG - Training Hall						
Start Time	Duration	End time				
11:40	02:30	14:10				
Open Training for Junior Apparatus Qualifiers including the 1st 3 x Reserve Gymnasts on each Apparatus						



Women's Artistic Gymnastics - Training Schedule - European Championships, Zagreb

Saturday 15th August 2026

Apparatus Finals - SENIORS

Warm-up Hall - Senior Apparatus Finals			
Start Time	Duration	End Time	
12:30	00:30	13:00	General Warm-up
The Warm-up Hall will remain open until the end of the Competition			

Field of Play - Apparatus Finals Seniors			
Start Time	Duration	End time	   
13:00		14:00	Open Podium Training on the Field of Play
14:15	00:30	14:45	Opening Ceremony
14:51	00:09	15:00	March in & Presentation of Gymnasts
15:00	00:38	15:38	VAULT
15:38	00:07	15:45	Award Ceremony - Vault
15:47	00:44	16:31	UNEVEN BARS
16:31	00:07	16:38	Award Ceremony - Uneven Bars
16:40	00:41	17:21	BALANCE BEAM
17:21	00:07	17:28	Award Ceremony - Balance Beam
17:30	00:41	18:11	FLOOR
18:11	00:07	18:18	Award Ceremony - Floor



Women's Artistic Gymnastics - Training Schedule - European Championships, Zagreb
Sunday 16th August 2026
Apparatus Finals - JUNIORS

Warm-up Hall - Junior Apparatus Finals			
Start Time	Duration	End Time	
08:00	00:30	08:30	General Warm-up
The Warm-up Hall will remain open until the end of the Competition			

Field of Play - Junior Apparatus Finals			
Start Time	Duration	End time	
08:30		09:30	Podium Training - FOP
09:50	00:10	10:00	March in & Presentation of Gymnasts
10:00	00:38	10:38	VAULT
10:38	00:07	10:45	Award Ceremony - Vault
10:47	00:44	11:31	UNEVEN BARS
11:31	00:07	11:38	Award Ceremony - Uneven Bars
11:40	00:41	12:21	BALANCE BEAM
12:21	00:07	12:28	Award Ceremony - Balance Beam
12:30	00:41	13:11	FLOOR
13:11	00:07	13:18	Award Ceremony - Floor



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Women's Artistic Gymnastics - European Championships, Zagreb
Sunday 16th August 2026
Team Final

WARM-UP HALL - WAG TEAM FINAL						
Start Time	Duration	End Time				
14:15	00:10	14:25	Entrance to the Warm-up Hall			
14:25	00:20	14:45	General Warm-up			
14:45	00:15	15:00	T8 & T7	T2 & T1	T4 & T3	T6 & T5
15:00	00:15	15:15	T5 & T6	T7 & T8	T1 & T2	T3 & T4
15:15	00:15	15:30	T4 & T3	T6 & T5	T8 & T7	T2 & T1
15:30	00:15	15:45	T1 & T2	T3 & T4	T5 & T6	T7 & T8

FIELD OF PLAY - WAG TEAM FINAL						
Start Time	Duration	End Time				
15:51	00:09	16:00	Entrance to the Field of Play			
16:00	00:31	16:31	T1 & T2	T3 & T4	T5 & T6	T7 & T8
16:31	00:31	17:02	T8 & T7	T2 & T1	T4 & T3	T6 & T5
17:02	00:31	17:33	T5 & T6	T7 & T8	T1 & T2	T3 & T4
17:33	00:27	18:00	T4 & T3	T6 & T5	T8 & T7	T2 & T1
18:05	00:10	18:15	Award Ceremony			



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