

WAG Training Schedule 20 - 27 July 2019

Saturday 20th July - Training

Training by request

Sunday 21 July - Training

		Training Half/Even-up Hat				
		15' apparatus				
General		Vault	Bars	Beam	Floor	
General warm-up 20'	09:00	RUS	NEE	ESP	GRE	
	09:05	RUS	UKR	AUT	ISL	
	09:10	ITA	TUR	FRA	SLO	
	09:15	SVK	SUI	CZE	MOX	
	09:20	HUN	POL	CZE	MOX	
10:00	19:00	GBR	GER	MLX	IRL	
	19:05	FIN	GER	BEL	NOR	
	19:10	LTU	SVK	MLX	IRL	
		Training Half/Even-up Hat				
		15' apparatus				
General		Vault	Bars	Beam	Floor	
General warm-up 20'	13:40	RUS	NEE	ESP	GRE	
	13:45	RUS	UKR	AUT	ISL	
	13:50	ITA	TUR	FRA	SLO	
	14:00	SVK	SUI	CZE	MOX	
	14:05	HUN	POL	CZE	MOX	
15:00	19:00	GBR	GER	MLX	IRL	
	19:05	FIN	GER	BEL	NOR	
	19:10	LTU	SVK	MLX	IRL	

Monday 22 July - Official training

Training Hall/Warm-up Hall										Competition Hall/Poolside			
15' segments													
General warm-up 30'		Vault	Bars	Beam	Floor	Event	Vault	Bars	Beam	Floor	Event	Score	Place
08:15	08:30	CZE	CZE	GER	GER	ESP	RUS	RUS	RUS	ESP			
	08:45	ISR	RUS	ISR	AUT	10:30	RUS	UKR	AUT	ISR			
09:15	09:30	SLO	ITA	TUR	FRA	12:30	ITA	FRA	SLO	ITA			
09:45	10:00	MEX	SLO	ESP	UKR	14:30	ESP	UKR	MEX	UKR			
10:15	10:30	MEX	HUN	CZE	CZE	16:30	HUN	CZE	MEX	CZE			
10:45	11:00	ISR	GER	GER	MEX	18:30	GER	MEX	ISR	GER			
11:15	11:30	NOR	FIN	GER	GER	20:30	FIN	GER	NOR	FIN			
11:45	12:00	NOR	FIN	GER	GER	22:30	FIN	GER	NOR	FIN			

General warm-up 20'	Training Hall/Warm-up H	
12h:00 12h:15	12h:15	13h:15 Training by request
17h:00 17h:15	17h:15	18h:15 Training by request

Tuesday 23 July - Training

		Training Half/Work-up Hal					
		10' apparatus					
General		Vault	Bars	Beam	Bar	Flour	
General	work-up 20'						
09:00	09:20	ROU	NEE	ESP	ESP	GRE	
09:20	09:30	RUS	UKR	AUT	BLT	SL	
09:40	09:50	ITA	TUR	FINA	BEL	SLO	
09:50	10:00	SWI	SUI	GER	GER	MOX	
10:00	10:10	HUN	POL	CZE	MOX	1	
10:20	10:30	GBR	GER	MOX	2	IRL	
10:40	10:50	FIN	GER	BEL	NOR	NOR	
11:00	11:20	LTU	SWI	BLR	POR		
		Training Half/Work-up Hal					
		10' apparatus					
General		Vault	Bars	Beam	Bar	Flour	
General	work-up 20'						
13:40	14:00	ROU	NEE	ESP	ESP	GRE	
14:00	14:10	RUS	UKR	AUT	BLT	SL	
14:20	14:30	ITA	TUR	FINA	BEL	SLO	
14:40	14:50	HUN	POL	CZE	MOX	1	
15:00	15:10	GBR	GER	MOX	2	IRL	
15:20	15:30	FIN	GER	BEL	NOR	NOR	
15:40	15:50	LTU	SWI	BLR	POR		

Wednesday 24 July Training and Competition QC

General warm-up 30'	Training Half/Warm-up Half						Competition Half/Position					
	15' / 10 minutes											
	Vault	Bars	Beam	Floor	ESP	ESP	Vault	Bars	Beam	Floor	ESP	ESP
09:15-09:30	ONE	ONE	NED	NED	ESP	ESP	RUJ	RUJ	GER	GER	ESP	ESP
09:30-09:45	ISL	RUS	UKR	AUT	10:40	11:40	RUS	UKR	AUT	AUT	ISL	
09:45-10:00	SLO	SLO	ITA	TUR	FRA	12:40	ITA	TUR	FRA	SLO	SLO	
10:00-10:15	MDX	MDX	FIN	FIN	FIN	13:40	FIN	FIN	FIN	MDX	MDX	
10:15-10:30	MDX	MDX	FIN	TUR	CZE	14:40	HUN	POL	CZE	MDX	MDX	
10:30-10:45	MDX	MDX	FIN	GER	MDX	15:40	GBR	GER	MDX	FIN	FIN	
10:45-11:00	NOR	FIN	GER	BEL	17:15	FIN	FIN	GER	BEL	NOR	NOR	
11:00-11:15	FIN	FIN	GER	FIN	18:40	19:40	FIN	FIN	GER	FIN	FIN	

General warm-up 20'	Training Hall/Warm-up H	
12h:00 12h:15	12h:15	13h:15 Training by request
17h:00 17h:15	17h:15	18h:15 Training by request

Thursday 25 July - Training and Competition AAF

General warm-up 20'	Training Hall/Warm-up H	General warm-up 20'	Training Hall/Warm-up H	Competition Hall
09:00 09:20	Training AAF	14:00 14:20	Warm-up AAF	19:00 19:15
10:00 10:20	Training by request			AA Annual Final
18:15 18:30	Training by request			

Friday 26 July - Training and Competition AF

General warm-up 20'	Training Hall/Warm-up H		Warm-up Hall/Training H		Competition Hall		Competition Hall	
	08:00-08:20	08:20-10:00 Training AF	12:00-10:00	Warm-up AF	12:00-13:30	Training AF	14:00-16:00	Apparatus Finals: VT & UB
10:00-10:20	Training by							
10:20-10:40	10:20-12:00							

Saturday 27th July - Training and Competition AF

			Warm-up Hall/Training H		Competition Hall		Competition Hall	
General warm-up 20'		Training Hall/Warm-up H						
08:00				12:00	16:00			Apparatus Finals: BB & FX
09:00	08:20 10:00	Training AF		Warm-up AF	12:30 13:30	Training AF	14:00 16:00	
10:00								
10:30	10:20 12:00	Training by request						