

FIG World Cup Challenge 2023 PARIS 16th & 17th September

LES NOUVEAUX
INTERNATIONAUX DE FRANCE
DE GYMNASTIQUE
16 ET 17 SEPTEMBRE 2023 - PARIS

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Phantom (training hall)

Field Of Play (podium training)

Thursday 14/09/2023

Free Training 16h00-20h00 (Phantom only)

Friday 15/09/2023

Schedule Training MAG 8h00-11h30 (Phantom) 8h30-12h00 (FOP) & Schedule Training WAG 8h00-10h30 (Phantom) 8h30-11h40 (FOP)

Horaire	G-1A	G-2A	G-3A	G-4A	G-5A	G-6A
8h00-8h30	General warm up					
8h30-9h00	FX	PH	SR	VT	PB	HB
9h00-9h30	PH	SR	VT	PB	HB	FX
9h30-10h00	SR	VT	PB	HB	FX	PH
10h00-10h30	VT	PB	HB	FX	PH	SR
10h30-11h00	PB	HB	FX	PH	SR	VT
11h00-11h30	HB	FX	PH	SR	VT	PB

Horaire	F-1A	F-2A	F-3A	F-4A
8h00-8h30	General warm up			
8h30-9h00	VT	UB	BB	FX
9h00-9h30	UB	BB	FX	VT
9h30-10h00	BB	FX	VT	UB
10h00-10h30	FX	VT	UB	BB

Horaire	G-1B	G-2B	G-3B	G-4B	G-5B	G-6B
8h30-9h00	General warm up					
9h00-9h30	FX	PH	SR	VT	PB	HB
9h30-10h00	PH	SR	VT	PB	HB	FX
10h00-10h30	SR	VT	PB	HB	FX	PH
10h30-11h00	VT	PB	HB	FX	PH	SR
11h00-11h30	PB	HB	FX	PH	SR	VT
11h30-12h00	HB	FX	PH	SR	VT	PB

Horaire	F-1B	F-2B	F-3B	F-4B
8h30-9h00	General warm up			
9h00-9h40	VT	UB	BB	FX
9h40-10h20	UB	BB	FX	VT
10h20-11h00	BB	FX	VT	UB
11h00-11h40	FX	VT	UB	BB

Schedule Training MAG 13h30-17h00 & Schedule Training WAG 13h30-16h40

Horaire	G-1B	G-2B	G-3B	G-4B	G-5B	G-6B
13h30-14h00	General warm up					
14h00-14h30	FX	PH	SR	VT	PB	HB
14h30-15h00	PH	SR	VT	PB	HB	FX
15h00-15h30	SR	VT	PB	HB	FX	PH
15h30-16h00	VT	PB	HB	FX	PH	SR
16h00-16h30	PB	HB	FX	PH	SR	VT
16h30-17h00	HB	FX	PH	SR	VT	PB

Horaire	F-1B	F-2B	F-3B	F-4B
13h30-14h00	General warm up			
14h00-14h30	VT	UB	BB	FX
14h30-15h00	UB	BB	FX	VT
15h00-15h30	BB	FX	VT	UB
15h30-16h00	FX	VT	UB	BB

Horaire	G-1A	G-2A	G-3A	G-4A	G-5A	G-6A
13h30-14h00	General warm up					
14h00-14h30	FX	PH	SR	VT	PB	HB
14h30-15h00	PH	SR	VT	PB	HB	FX
15h00-15h30	SR	VT	PB	HB	FX	PH
15h30-16h00	VT	PB	HB	FX	PH	SR
16h00-16h30	PB	HB	FX	PH	SR	VT
16h30-17h00	HB	FX	PH	SR	VT	PB

Horaire	F-1A	F-2A	F-3A	F-4A
13h30-14h00	General warm up			
14h00-14h40	VT	UB	BB	FX
14h40-15h20	UB	BB	FX	VT
15h20-16h00	BB	FX	VT	UB
16h00-16h40	FX	VT	UB	BB

Saturday 16/09/2023

7h45-13h00 Warm Up 1st Part

9h30-13h15 Qualification 1st Part

14h00-19h30 Warm Up 2nd Part

16h15-20h Qualification 2nd Part

Sunday 17/09/2023

10h00-18h00 free warm up

11h45-12h45 Warm Up on the podium (1h00)

13h30-18h40 Finals