



Rio 2016 Olympic Games

MEN'S ARTISTIC GYMNASTICS
Training and Competition Schedule

Activity: TRAINING MAG

Date: July 24, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
15:00-17:00							
15:00-15:18 - General warm up							
							
15:18	15:35	Open training except for Parallel Bars				RUS	
15:35	15:52					MxG4	
15:52	16:09					MxG1	
16:09	16:26					FRA	
16:26	16:43					JPN	
16:43	17:00						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
17:15-19:15							
17:15-17:33 - General warm up							
							
17:33	17:50	Open training except for Parallel Bars				KOR	
17:50	18:07					NED	
18:07	18:24					CHN	
18:24	18:41					USA	
18:41	18:58						
18:58	19:15						

Hall 2 - MAG

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-17:00					
		15:00-15:18 - General warm up					
							
15:18	15:35	Open training except for Parallel Bars				GER	
15:35	15:52					MxG6	
15:52	16:09					UKR	
16:09	16:26					GBR	
16:26	16:43					MxG3	
16:43	17:00						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
17:15-19:15							
17:15-17:33 - General warm up							
							
17:33	17:50	Open training except for Parallel Bars				BRA	
17:50	18:07					MxG2	
18:07	18:24					SUI	
18:24	18:41					MxG5	
18:41	18:58						
18:58	19:15						

Activity: TRAINING MAG

Date: July 25, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Gr1		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				MxG6	
8:50	9:10					UKR	
9:10	9:30					GBR	
9:30	9:50					MxG3	
9:50	10:10					GER	
10:10	10:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
11:00-12:30							
11:00-11:12 - General warm up							
							
11:12	11:25	Open training except for Parallel Bars				MxG2	
11:25	11:38					SUI	
11:38	11:51					MxG5	
11:51	12:04					BRA	
12:04	12:17						
12:17	12:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
15:00-16:30							
15:00-15:12 - General warm up							
							
15:12	15:25	Open training except for Parallel Bars				MxG6	
15:25	15:38					UKR	
15:38	15:51					GBR	
15:51	16:04					MxG3	
16:04	16:17					GER	
16:17	16:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
17:00-19:30							
17:00-17:30 - General warm up							
							
17:30	17:50	Open training except for Parallel Bars				MxG2	
17:50	18:10					SUI	
18:10	18:30					MxG5	
18:30	18:50					BRA	
18:50	19:10						
19:10	19:30						

Hall 2 - MAG

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
08:00-10:30							
08:00-08:30 - General warm up							
							
8:30	8:50	Open training except for Parallel Bars				MxG4	
8:50	9:10					MxG1	
9:10	9:30					FRA	
9:30	9:50					JPN	
9:50	10:10					RUS	
10:10	10:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
11:00-12:30							
11:00-11:12 - General warm up							
							
11:12	11:25	Open training except for Parallel Bars					NED
11:25	11:38						CHN
11:38	11:51						USA
11:51	12:04						KOR
12:04	12:17						
12:17	12:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
15:00-16:30							
15:00-15:12 - General warm up							
							
15:12	15:25	Open training except for Parallel Bars				MxG4	
15:25	15:38					MxG1	
15:38	15:51					FRA	
15:51	16:04					JPN	
16:04	16:17					RUS	
16:17	16:30						

Activity: TRAINING MAG

Date: July 26, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Hall 2 - MAG

Gr 4 Open stretch is available 15 min. before the start time in the stretching area.

08:00-10:30

08:00-08:30 - General warm up

							
8:30	8:50	Open training except for Parallel Bars					CHN
8:50	9:10						USA
9:10	9:30						KOR
9:30	9:50						NED
9:50	10:10						
10:10	10:30						

Gr 3

Open stretch is available 15 min. before the start time in the stretching area.

08:00-10:30

08:00-08:30 - General warm up

							
8:30	8:50	Open training except for Parallel Bars					SUI
8:50	9:10						MxG5
9:10	9:30						BRA
9:30	9:50						MxG2
9:50	10:10						
10:10	10:30						

Gr 2

Open stretch is available 15 min. before the start time in the stretching area.

11:00-12:30

11:00-11:12 - General warm up

							
11:12	11:25	Open training except for Parallel Bars					MxG1
11:25	11:38						FRA
11:38	11:51						JPN
11:51	12:04						RUS
12:04	12:17						MxG4
12:17	12:30						

Gr 1

Open stretch is available 15 min. before the start time in the stretching area.

11:00-12:30

11:00-11:12 - General warm up

							
11:12	11:25	Open training except for Parallel Bars					UKR
11:25	11:38						GBR
11:38	11:51						MxG3
11:51	12:04						GER
12:04	12:17						MxG6
12:17	12:30						

Gr 4

Open stretch is available 15 min. before the start time in the stretching area.

15:00-16:30

15:00-15:12 - General warm up

							
15:12	15:25	Open training except for Parallel Bars					CHN
15:25	15:38						USA
15:38	15:51						KOR
15:51	16:04						NED
16:04	16:17						
16:17	16:30						

Gr 3

Open stretch is available 15 min. before the start time in the stretching area.

15:00-16:30

15:00-15:12 - General warm up

							
15:12	15:25	Open training except for Parallel Bars					SUI
15:25	15:38						MxG5
15:38	15:51						BRA
15:51	16:04						MxG2
16:04	16:17						
16:17	16:30						

Gr 2

Open stretch is available 15 min. before the start time in the stretching area.

17:00-19:30

17:00-17:30 - General warm up

							
17:30	17:50	Open training except for Parallel Bars					MxG1
17:50	18:10						FRA
18:10	18:30						JPN
18:30	18:50						RUS
18:50	19:10						MxG4
19:10	19:30						

Gr 1

Open stretch is available 15 min. before the start time in the stretching area.

17:00-19:30

17:00-17:30 - General warm up

							
17:30	17:50	Open training except for Parallel Bars					
17:50	18:10						
18:10	18:30						
18:30	18:50						
18:50	19:10						
19:10	19:30						

UKR
GBR
MxG3
GER
MxG6

Activity: TRAINING MAG

Date: July 27, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				GBR	
8:50	9:10					MxG3	
9:10	9:30					GER	
9:30	9:50					MxG6	
9:50	10:10					UKR	
10:10	10:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				MxG5	
11:25	11:38					BRA	
11:38	11:51					MxG2	
11:51	12:04					SUI	
12:04	12:17						
12:17	12:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				GBR	
15:25	15:38					MxG3	
15:38	15:51					GER	
15:51	16:04					MxG6	
16:04	16:17					UKR	
16:17	16:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				MxG5	
17:50	18:10					BRA	
18:10	18:30					MxG2	
18:30	18:50					SUI	
18:50	19:10						
19:10	19:30						

Hall 2 - MAG

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				FRA	
8:50	9:10					JPN	
9:10	9:30					RUS	
9:30	9:50					MxG4	
9:50	10:10					MxG1	
10:10	10:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				USA	
11:25	11:38					KOR	
11:38	11:51					NED	
11:51	12:04					CHN	
12:04	12:17						
12:17	12:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				FRA	
15:25	15:38					JPN	
15:38	15:51					RUS	
15:51	16:04					MxG4	
16:04	16:17					MxG1	
16:17	16:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				USA	
17:50	18:10					KOR	
18:10	18:30					NED	
18:30	18:50					CHN	
18:50	19:10						
19:10	19:30						

Activity: TRAINING MAG

Date: July 28, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Hall 2 - MAG

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				KOR	
8:50	9:10					NED	
9:10	9:30					CHN	
9:30	9:50					USA	
9:50	10:10						
10:10	10:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				BRA	
8:50	9:10					MxG2	
9:10	9:30					SUI	
9:30	9:50					MxG5	
9:50	10:10						
10:10	10:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				JPN	
11:25	11:38					RUS	
11:38	11:51					MxG4	
11:51	12:04					MxG1	
12:04	12:17					FRA	
12:17	12:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				MxG3	
11:25	11:38					GER	
11:38	11:51					MxG6	
11:51	12:04					UKR	
12:04	12:17					GBR	
12:17	12:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				KOR	
15:25	15:38					NED	
15:38	15:51					CHN	
15:51	16:04					USA	
16:04	16:17						
16:17	16:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				BRA	
15:25	15:38					MxG2	
15:38	15:51					SUI	
15:51	16:04					MxG5	
16:04	16:17						
16:17	16:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				JPN	
17:50	18:10					RUS	
18:10	18:30					MxG4	
18:30	18:50					MxG1	
18:50	19:10					FRA	
19:10	19:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				MxG3	
17:50	18:10					GER	
18:10	18:30					MxG6	
18:30	18:50					UKR	
18:50	19:10					GBR	
19:10	19:30						

Activity: TRAINING MAG

Date: July 29, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				GER	
8:50	9:10					MxG6	
9:10	9:30					UKR	
9:30	9:50					GBR	
9:50	10:10					MxG3	
10:10	10:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				MxG2	
11:25	11:38					SUI	
11:38	11:51					MxG5	
11:51	12:04					BRA	
12:04	12:17						
12:17	12:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				GER	
15:25	15:38					MxG6	
15:38	15:51					UKR	
15:51	16:04					GBR	
16:04	16:17					MxG3	
16:17	16:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				MxG2	
17:50	18:10					SUI	
18:10	18:30					MxG5	
18:30	18:50					BRA	
18:50	19:10						
19:10	19:30						

Hall 2 - MAG

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				RUS	
8:50	9:10					MxG4	
9:10	9:30					MxG1	
9:30	9:50					FRA	
9:50	10:10					JPN	
10:10	10:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				NED	
11:25	11:38					CHN	
11:38	11:51					USA	
11:51	12:04					KOR	
12:04	12:17						
12:17	12:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				RUS	
15:25	15:38					MxG4	
15:38	15:51					MxG1	
15:51	16:04					FRA	
16:04	16:17					JPN	
16:17	16:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				NED	
17:50	18:10					CHN	
18:10	18:30					USA	
18:30	18:50					KOR	
18:50	19:10						
19:10	19:30						

Activity: TRAINING MAG

Date: July 30, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Hall 2 - MAG

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				CHN	
8:50	9:10					USA	
9:10	9:30					KOR	
9:30	9:50					NED	
9:50	10:10						
10:10	10:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				SUI	
8:50	9:10					MxG5	
9:10	9:30					BRA	
9:30	9:50					MxG2	
9:50	10:10						
10:10	10:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				MxG4	
11:25	11:38					MxG1	
11:38	11:51					FRA	
11:51	12:04					JPN	
12:04	12:17					RUS	
12:17	12:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				MxG6	
11:25	11:38					UKR	
11:38	11:51					GBR	
11:51	12:04					MxG3	
12:04	12:17					GER	
12:17	12:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				CHN	
15:25	15:38					USA	
15:38	15:51					KOR	
15:51	16:04					NED	
16:04	16:17						
16:17	16:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				SUI	
15:25	15:38					MxG5	
15:38	15:51					BRA	
15:51	16:04					MxG2	
16:04	16:17						
16:17	16:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				MxG4	
17:50	18:10					MxG1	
18:10	18:30					FRA	
18:30	18:50					JPN	
18:50	19:10					RUS	
19:10	19:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				MxG6	
17:50	18:10					UKR	
18:10	18:30					GBR	
18:30	18:50					MxG3	
18:50	19:10					GER	
19:10	19:30						

Activity: TRAINING MAG

Date: July 31, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				UKR	
8:50	9:10					GBR	
9:10	9:30					MxG3	
9:30	9:50					GER	
9:50	10:10					MxG6	
10:10	10:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				SUI	
11:25	11:38					MxG5	
11:38	11:51					BRA	
11:51	12:04					MxG2	
12:04	12:17						
12:17	12:30						

Gr 1		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				UKR	
15:25	15:38					GBR	
15:38	15:51					MxG3	
15:51	16:04					GER	
16:04	16:17					MxG6	
16:17	16:30						

Gr 3		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				SUI	
17:50	18:10					MxG5	
18:10	18:30					BRA	
18:30	18:50					MxG2	
18:50	19:10						
19:10	19:30						

Hall 2 - MAG

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:30					
		08:00-08:30 - General warm up					
							
8:30	8:50	Open training except for Parallel Bars				MxG1	
8:50	9:10					FRA	
9:10	9:30					JPN	
9:30	9:50					RUS	
9:50	10:10					MxG4	
10:10	10:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		11:00-12:30					
		11:00-11:12 - General warm up					
							
11:12	11:25	Open training except for Parallel Bars				CHN	
11:25	11:38					USA	
11:38	11:51					KOR	
11:51	12:04					NED	
12:04	12:17						
12:17	12:30						

Gr 2		Open stretch is available 15 min. before the start time in the stretching area.					
		15:00-16:30					
		15:00-15:12 - General warm up					
							
15:12	15:25	Open training except for Parallel Bars				MxG1	
15:25	15:38					FRA	
15:38	15:51					JPN	
15:51	16:04					RUS	
16:04	16:17					MxG4	
16:17	16:30						

Gr 4		Open stretch is available 15 min. before the start time in the stretching area.					
		17:00-19:30					
		17:00-17:30 - General warm up					
							
17:30	17:50	Open training except for Parallel Bars				CHN	
17:50	18:10					USA	
18:10	18:30					KOR	
18:30	18:50					NED	
18:50	19:10						
19:10	19:30						

Activity: TRAINING MAG

Date: August 01, 2016 All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Sub 3 Open stretch is available 15 min. before the start time in the stretching area.

09:30-12:00

09:30-10:00 - General warm up

							
10:00	10:20	Open training except for Parallel Bars				MxG2	
10:20	10:40					CHN	
10:40	11:00					SUI	
11:00	11:20					MxG1	
11:20	11:40					UKR	
11:40	12:00					RUS	

Sub 1 Open stretch is available 15 min. before the start time in the stretching area.

15:00-17:30

15:00-15:30 - General warm up

							
15:30	15:50	Open training except for Parallel Bars				MxG6	
15:50	16:10					KOR	
16:10	16:30					BRA	
16:30	16:50					JPN	
16:50	17:10					MxG3	
17:10	17:30					NED	

Sub 2 Open stretch is available 15 min. before the start time in the stretching area.

19:00-21:30

19:00-19:30 - General warm up

							
19:30	19:50	Open training except for Parallel Bars				MxG4	
19:50	20:10					USA	
20:10	20:30					MxG5	
20:30	20:50					FRA	
20:50	21:10					GBR	
21:10	21:30					GER	

ROA

Warm Up Hall - MAG

Sub 1

08:35-10:20

08:35-09:02 - General warm up

							
9:02	9:15	Open training except for Parallel Bars				MxG6	
9:15	9:28					KOR	
9:28	9:41					BRA	
9:41	9:54					JPN	
9:54	10:07					MxG3	
10:07	10:20					NED	

Sub 2

12:35-14:20

12:35-13:02 - General warm up

							
13:02	13:15	Open training except for Parallel Bars				MxG4	
13:15	13:28					USA	
13:28	13:41					MxG5	
13:41	13:54					FRA	
13:54	14:07					GBR	
14:07	14:20					GER	

Sub 3

16:35-18:20

16:35-17:02 - General warm up

							
17:02	17:15	Open training except for Parallel Bars				MxG2	
17:15	17:28					CHN	
17:28	17:41					SUI	
17:41	17:54					MxG1	
17:54	18:07					UKR	
18:07	18:20					RUS	

Activity: TRAINING MAG

Date: August 02, 2016 All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Sub 3 Open stretch is available 15 min. before the start time in the stretching area.

09:30-12:00

09:30-10:00 - General warm up

							
10:00	10:20	Open training except for Parallel Bars				MxG2	
10:20	10:40					CHN	
10:40	11:00					SUI	
11:00	11:20					MxG1	
11:20	11:40					UKR	
11:40	12:00					RUS	

Sub 1 Open stretch is available 15 min. before the start time in the stretching area.

15:00-17:30

15:00-15:30 - General warm up

							
15:30	15:50	Open training except for Parallel Bars				MxG6	
15:50	16:10					KOR	
16:10	16:30					BRA	
16:30	16:50					JPN	
16:50	17:10					MxG3	
17:10	17:30					NED	

Sub 2 Open stretch is available 15 min. before the start time in the stretching area.

19:00-21:30

19:00-19:30 - General warm up

							
19:30	19:50	Open training except for Parallel Bars				MxG4	
19:50	20:10					USA	
20:10	20:30					MxG5	
20:30	20:50					FRA	
20:50	21:10					GBR	
21:10	21:30					GER	

ROA

Warm Up Hall- MAG

Sub 1

08:35-10:20

08:35-09:02 - General warm up

							
9:02	9:15	Open training except for Parallel Bars				MxG6	
9:15	9:28					KOR	
9:28	9:41					BRA	
9:41	9:54					JPN	
9:54	10:07					MxG3	
10:07	10:20					NED	

Sub 2

12:35-14:20

12:35-13:02 - General warm up

							
13:02	13:15	Open training except for Parallel Bars				MxG4	
13:15	13:28					USA	
13:28	13:41					MxG5	
13:41	13:54					FRA	
13:54	14:07					GBR	
14:07	14:20					GER	

Sub 3

16:35-18:20

16:35-17:02 - General warm up

							
17:02	17:15	Open training except for Parallel Bars				MxG2	
17:15	17:28					CHN	
17:28	17:41					SUI	
17:41	17:54					MxG1	
17:54	18:07					UKR	
18:07	18:20					RUS	

Activity: TRAINING MAG

Date: August 03, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Sub 2

Open stretch is available 15 min. before the start time in the stretching area.

07:00-08:30

07:00-07:12 - General warm up

							
7:12	7:25	Open training except for Parallel Bars					MxG4
7:25	7:38						USA
7:38	7:51						MxG5
7:51	8:04						FRA
8:04	8:17						GBR
8:17	8:30						GER

Sub 3

Open stretch is available 15 min. before the start time in the stretching area.

11:00-12:30

11:00-11:12 - General warm up

							
11:12	11:25	Open training except for Parallel Bars					MxG2
11:25	11:38						CHN
11:38	11:51						SUI
11:51	12:04						MxG1
12:04	12:17						UKR
12:17	12:30						RUS

Sub 1

Open stretch is available 15 min. before the start time in the stretching area.

17:00-18:30

17:00-17:12 - General warm up

							
17:12	17:25	Open training except for Parallel Bars					MxG6
17:25	17:38						KOR
17:38	17:51						BRA
17:51	18:04						JPN
18:04	18:17						MxG3
18:17	18:30						NED

Activity: PODIUM TRAINING MAG

Date: August 03, 2016

All trainings in OVP will be open, except for Parallel Bars

ROA

Warm Up - MAG

Sub 1

08:35-10:20

08:35-09:02 - General warm up

9:02	9:15	NED	MxG3	JPN	BRA	KOR	MxG6
9:15	9:28	MxG6	NED	MxG3	JPN	BRA	KOR
9:28	9:41	KOR	MxG6	NED	MxG3	JPN	BRA
9:41	9:54	BRA	KOR	MxG6	NED	MxG3	JPN
9:54	10:07	JPN	BRA	KOR	MxG6	NED	MxG3
10:07	10:20	MxG3	JPN	BRA	KOR	MxG6	NED

Sub 2

12:35-14:20

12:35-13:02 - General warm up

13:02	13:15	GER	GBR	FRA	MxG5	USA	MxG4
13:15	13:28	MxG4	GER	GBR	FRA	MxG5	USA
13:28	13:41	USA	MxG4	GER	GBR	FRA	MxG5
13:41	13:54	MxG5	USA	MxG4	GER	GBR	FRA
13:54	14:07	FRA	MxG5	USA	MxG4	GER	GBR
14:07	14:20	GBR	FRA	MxG5	USA	MxG4	GER

Sub 3

16:35-18:20

16:35-17:02 - General warm up

17:02	17:15	RUS	UKR	MxG1	SUI	CHN	MxG2
17:15	17:28	MxG2	RUS	UKR	MxG1	SUI	CHN
17:28	17:41	CHN	MxG2	RUS	UKR	MxG1	SUI
17:41	17:54	SUI	CHN	MxG2	RUS	UKR	MxG1
17:54	18:07	MxG1	SUI	CHN	MxG2	RUS	UKR
18:07	18:20	UKR	MxG1	SUI	CHN	MxG2	RUS

FOP - MAG

Sub 1

10:30-13:00

10:30 13:00	MxG3	JPN	BRA	KOR	MxG6	NED	
	NED	MxG3	JPN	BRA	KOR	MxG6	
	MxG6	NED	MxG3	JPN	BRA	KOR	
	KOR	MxG6	NED	MxG3	JPN	BRA	
	BRA	KOR	MxG6	NED	MxG3	JPN	
	JPN	BRA	KOR	MxG6	NED	MxG3	

Sub 2

14:30-17:00

14:30 17:00	GBR	FRA	MxG5	USA	MxG4	GER	
	GER	GBR	FRA	MxG5	USA	MxG4	
	MxG4	GER	GBR	FRA	MxG5	USA	
	USA	MxG4	GER	GBR	FRA	MxG5	
	MxG5	USA	MxG4	GER	GBR	FRA	
	FRA	MxG5	USA	MxG4	GER	GBR	

Sub 3

18:30-21:00

18:30 21:00	UKR	MxG1	SUI	CHN	MxG2	RUS	
	RUS	UKR	MxG1	SUI	CHN	MxG2	
	MxG2	RUS	UKR	MxG1	SUI	CHN	
	CHN	MxG2	RUS	UKR	MxG1	SUI	
	SUI	CHN	MxG2	RUS	UKR	MxG1	
	MxG1	SUI	CHN	MxG2	RUS	UKR	

Activity: TRAINING MAG

Date: August 04, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Sub 2		Open stretch is available 15 min. before the start time in the stretching area.					
07:45-09:15		07:45-07:57 - General warm up					
		■	■	■	■	■	■
7:57	8:10	Open training except for Parallel Bars				MxG4	
8:10	8:23					USA	
8:23	8:36					MxG5	
8:36	8:49					FRA	
8:49	9:02					GBR	
9:02	9:15					GER	

Sub 3		Open stretch is available 15 min. before the start time in the stretching area.					
10:30-12:00		10:30-10:42 - General warm up					
		■	■	■	■	■	■
10:42	10:55	Open training except for Parallel Bars				MxG2	
10:55	11:08					CHN	
11:08	11:21					SUI	
11:21	11:34					MxG1	
11:34	11:47					UKR	
11:47	12:00					RUS	

Sub 1		Open stretch is available 15 min. before the start time in the stretching area.					
15:30-18:00		15:30-16:00 - General warm up					
		■	■	■	■	■	■
16:00	16:20	Open training except for Parallel Bars				MxG6	
16:20	16:40					KOR	
16:40	17:00					BRA	
17:00	17:20					JPN	
17:20	17:40					MxG3	
17:40	18:00					NED	

Hall 2 - MAG

Sub 1		Open stretch is available 15 min. before the start time in the stretching area.					
09:00-10:30		09:00 - 09:12 - General warm up					
		■	■	■	■	■	■
9:12	9:25	Open training except for Parallel Bars				MxG6	
9:25	9:38					KOR	
9:38	9:51					BRA	
9:51	10:04					JPN	
10:04	10:17					MxG3	
10:17	10:30					NED	

Sub 2		Open stretch is available 15 min. before the start time in the stretching area.					
14:15-16:45		14:15-14:45 - General warm up					
		■	■	■	■	■	■
14:45	15:05	Open training except for Parallel Bars				MxG4	
15:05	15:25					USA	
15:25	15:45					MxG5	
15:45	16:05					FRA	
16:05	16:25					GBR	
16:25	16:45					GER	

Sub 3		Open stretch is available 15 min. before the start time in the stretching area.					
17:00-19:30		17:00-17:30 - General warm up					
		■	■	■	■	■	■
17:30	17:50	Open training except for Parallel Bars				MxG2	
17:50	18:10					CHN	
18:10	18:30					SUI	
18:30	18:50					MxG1	
18:50	19:10					UKR	
19:10	19:30					RUS	

Activity: TRAINING MAG

Date: August 05, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Sub 1		07:30-10:00					
07:30-08:00		General warm up is available only in stretching area					
		■	■	■	■	■	■
8:00	8:20	Open training except for Parallel Bars				MxG6	
8:20	8:40					KOR	
8:40	9:00					BRA	
9:00	9:20					JPN	
9:20	9:40					MxG3	
9:40	10:00					NED	

Sub 2		09:30-12:00					
09:30-10:00		General warm up is available only in stretching area					
		■	■	■	■	■	■
10:00	10:20	Open training except for Parallel Bars				MxG4	
10:20	10:40					USA	
10:40	11:00					MxG5	
11:00	11:20					FRA	
11:20	11:40					GBR	
11:40	12:00					GER	

Hall 2 - MAG

Sub 3		09:00-11:30					
09:00 - 09:30		General warm up is available only in stretching area					
		■	■	■	■	■	■
9:30	9:50	Open training except for Parallel Bars				MxG2	
9:50	10:10					CHN	
10:10	10:30					SUI	
10:30	10:50					MxG1	
10:50	11:10					UKR	
11:10	11:30					RUS	

Activity: TRAINING MAG

Date: August 06, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Sub 2

Open stretch is available 15 min. before the start time in the stretching area.

07:00-08:30

07:00-07:12 - General warm up

							
7:12	7:25	Open training, except for Parallel Bars					MxG4
7:25	7:38						USA
7:38	7:51						MxG5
7:51	8:04						FRA
8:04	8:17						GBR
8:17	8:30						GER

Sub 3

Open stretch is available 15 min. before the start time in the stretching area.

11:00-12:30

11:00-11:12 - General warm up

							
11:12	11:25	Open training, except for Parallel Bars					MxG2
11:25	11:38						CHN
11:38	11:51						SUI
11:51	12:04						MxG1
12:04	12:17						UKR
12:17	12:30						RUS

Sub 1

Open stretch is available 15 min. before the start time in the stretching area.

17:00-18:30

17:00-17:12 - General warm up

							
17:12	17:25	Open training, except for Parallel Bars					MxG6
17:25	17:38						KOR
17:38	17:51						BRA
17:51	18:04						JPN
18:04	18:17						MxG3
18:17	18:30						NED

Activity: CI MAG

Date: August 06, 2016

ROA

ROA Warm up Hall - MAG

ROA FOP - MAG

Sub 1

08:35-10:20

08:35-09:08 - General warm up

9:08	9:20	NED	MxG3	JPN	BRA	KOR	MxG6
9:20	9:32	MxG6	NED	MxG3	JPN	BRA	KOR
9:32	9:44	KOR	MxG6	NED	MxG3	JPN	BRA
9:44	9:56	BRA	KOR	MxG6	NED	MxG3	JPN
9:56	10:08	JPN	BRA	KOR	MxG6	NED	MxG3
10:08	10:20	MxG3	JPN	BRA	KOR	MxG6	NED

Sub1

10:30-13:00

10:30 13:00	MxG3	JPN	BRA	KOR	MxG6	NED	
	NED	MxG3	JPN	BRA	KOR	MxG6	
	MxG6	NED	MxG3	JPN	BRA	KOR	
	KOR	MxG6	NED	MxG3	JPN	BRA	
	BRA	KOR	MxG6	NED	MxG3	JPN	
	JPN	BRA	KOR	MxG6	NED	MxG3	

Sub 2

12:35-14:20

12:35-13:08 - General warm up

13:08	13:20	GER	GBR	FRA	MxG5	USA	MxG4
13:20	13:32	MxG4	GER	GBR	FRA	MxG5	USA
13:32	13:44	USA	MxG4	GER	GBR	FRA	MxG5
13:44	13:56	MxG5	USA	MxG4	GER	GBR	FRA
13:56	14:08	FRA	MxG5	USA	MxG4	GER	GBR
14:08	14:20	GBR	FRA	MxG5	USA	MxG4	GER

Sub2

14:30-17:00

14:30 17:00	GBR	FRA	MxG5	USA	MxG4	GER	
	GER	GBR	FRA	MxG5	USA	MxG4	
	MxG4	GER	GBR	FRA	MxG5	USA	
	USA	MxG4	GER	GBR	FRA	MxG5	
	MxG5	USA	MxG4	GER	GBR	FRA	
	FRA	MxG5	USA	MxG4	GER	GBR	

Sub 3

16:35-18:20

16:35-17:08 - General warm up

17:08	17:20	RUS	UKR	MxG1	SUI	CHN	MxG2
17:20	17:32	MxG2	RUS	UKR	MxG1	SUI	CHN
17:32	17:44	CHN	MxG2	RUS	UKR	MxG1	SUI
17:44	17:56	SUI	CHN	MxG2	RUS	UKR	MxG1
17:56	18:08	MxG1	SUI	CHN	MxG2	RUS	UKR
18:08	18:20	UKR	MxG1	SUI	CHN	MxG2	RUS

Sub 3

18:30-21:00

18:30 21:00	UKR	MxG1	SUI	CHN	MxG2	RUS	
	RUS	UKR	MxG1	SUI	CHN	MxG2	
	MxG2	RUS	UKR	MxG1	SUI	CHN	
	CHN	MxG2	RUS	UKR	MxG1	SUI	
	SUI	CHN	MxG2	RUS	UKR	MxG1	
	MxG1	SUI	CHN	MxG2	RUS	UKR	

Activity: TRAINING

Date: August 07, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

Hall 2 - MAG

CIV - 1 st , 3 rd , 5 th , 7 th		Open stretch is available 15 min. before the start time in the stretching area.					
08:00-09:30		08:00-09:30					
08:00-08:12		08:00-08:12 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
8:12	8:25	Open Training except for Parallel Bars				7 th place	
8:25	8:38					5 th place	
8:38	8:51					3 rd place	
8:51	9:04					1 st place	
9:04	9:17						
9:17	9:30						

CIV - 2 nd , 4 th , 6 th , 8 th		Open stretch is available 15 min. before the start time in the stretching area.					
08:00-09:30		08:00-09:30					
08:00-08:12		08:00-08:12 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
8:12	8:25	Open Training except for Parallel Bars				8 th place	
8:25	8:38					6 th place	
8:38	8:51					4 th place	
8:51	9:04					2 nd place	
9:04	9:17						
9:17	9:30						

CII - 1 st to 24 th		09:30-11:00					
09:30-09:42		09:30-09:42 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
09:42	11:00	Open to all Finalists CII + Reserves					

CIII		09:30-11:00					
09:30-09:42		09:30-09:42 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
09:42	11:00	Open to all Finalists CIII + Reserves					

CIV - 1 st , 3 rd , 5 th , 7 th		Open stretch is available 15 min. before the start time in the stretching area.					
14:30-17:00		14:30-17:00					
14:30-15:00		14:30-15:00 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
15:00	15:20	Open Training except for Parallel Bars				7 th place	
15:20	15:40					5 th place	
15:40	16:00					3 rd place	
16:00	16:20					1 st place	
16:20	16:40						
16:40	17:00						

CIV - 2 nd , 4 th , 6 th , 8 th		Open stretch is available 15 min. before the start time in the stretching area.					
14:30-17:00		14:30-17:00					
14:30-15:00		14:30-15:00 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
15:00	15:20	Open Training except for Parallel Bars				8 th place	
15:20	15:40					6 th place	
15:40	16:00					4 th place	
16:00	16:20					2 nd place	
16:20	16:40						
16:40	17:00						

CII - 1 st to 24 th +R		17:00-19:30					
17:00-17:30		17:00-17:30 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
17:30	19:30	Open to all Finalists CII + Reserves					

CIII		17:00-19:30					
17:00-17:30		17:00-17:30 - General warm up					
		■	⌵	⌵	⌵	⌵	⌵
17:30	19:30	Open to all Finalists CIII + Reserves					

Activity: TRAINING MAG

Date: August 08, 2016

All trainings in OVP will be open, except for Parallel Bars

ATHLETES' PARK

Hall 1 - MAG

CIV - 1 st , 3 rd , 5 th , 7 th		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:00					
		08:00-08:24 - General warm up					
							
8:24	8:40	Open training except for Parallel Bars				7 th place	
8:40	8:56					5 th place	
8:56	9:12					3 rd place	
9:12	9:28					1 st place	
9:28	9:44						
9:44	10:00						

CII - 1 st to 24 th + Reserves		Open stretch is available 15 min. before the start time in the stretching area.					
		10:00-12:30					
		10:00-10:30 - General warm up					
							
10:30	12:30	Open to all Finalists CII + Reserves					

CII + CIII + Reserves		Open stretch is available 15 min. before the start time in the stretching area.					
		17:30-19:00					
		17:30-18:00 - General warm up					
							
18:00	19:00	Open to all Finalists CII & CIII + Reserves					

Hall 2 - MAG

CIV - 2 nd , 4 th , 6 th , 8 th		Open stretch is available 15 min. before the start time in the stretching area.					
		08:00-10:00					
		08:00-08:24 - General warm up					
							
8:24	8:40	Open Training Except for Parallel Bars				8 th place	
8:40	8:56					6 th place	
8:56	9:12					4 th place	
9:12	9:28					2 nd place	
9:28	9:44						
9:44	10:00						

CIII Finalists + Reserves		Open stretch is available 15 min. before the start time in the stretching area.					
		10:00-12:30					
		10:00-10:30 - General warm up					
							
10:30	12:30	Open to all Finalists CIII + Reserves					

Activity: CIV MAG

Date: August 08, 2016

All trainings in OVP will be open, except for Parallel Bars

ROA

Warm Up - MAG

CIV - Finalists		14:05-15:50					
		14:05-14:38 - General warm up					
							
14:38	14:44		Team 1	Team 3	Team 5	Team 7	
14:44	14:50		Team 2	Team 4	Team 6	Team 8	
14:50	14:56			Team 2	Team 4	Team 6	Team 8
14:56	15:02			Team 1	Team 3	Team 5	Team 7
15:02	15:08	Team 7			Team 1	Team 3	Team 5
15:08	15:14	Team 8			Team 2	Team 4	Team 6
15:14	15:20	Team 6	Team 8		Team 2	Team 4	Team 6
15:20	15:26	Team 5	Team 7		Team 1	Team 3	Team 5
15:26	15:32	Team 3	Team 5	Team 7			Team 1
15:32	15:38	Team 4	Team 6	Team 8			Team 2
15:38	15:44	Team 2	Team 4	Team 6	Team 8		
15:44	15:50	Team 1	Team 3	Team 5	Team 7		

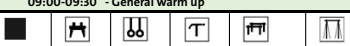
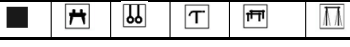
FOP - MAG

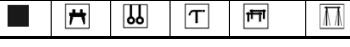
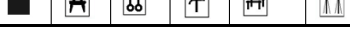
CIV - Finalists		16:00-19:00					
							
		Team 1	Team 3	Team 5	Team 7		
		Team 2	Team 4	Team 6	Team 8		
			Team 2	Team 4	Team 6	Team 8	
			Team 1	Team 3	Team 5	Team 7	
				Team 1	Team 3	Team 5	Team 7
				Team 2	Team 4	Team 6	Team 8
		Team 8			Team 2	Team 4	Team 6
		Team 7			Team 1	Team 3	Team 5
		Team 5	Team 7			Team 1	Team 3
		Team 6	Team 8			Team 2	Team 4
		Team 4	Team 6	Team 8			Team 2
		Team 3	Team 5	Team 7			Team 1
19:00	19:15	Victory Ceremony					

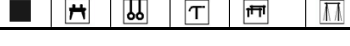
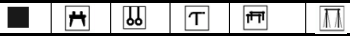
Activity: TRAINING MAG	
Date: August 09, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CII - 1st to 24th + Reserves Open stretch is available 15 min. before the start time in the stretching area. 08:30-10:00 08:30-08:48 - General warm up 08:48 10:00 Open to all Finalists CII + Reserves	
CIII + Reserves Open stretch is available 15 min. before the start time in the stretching area. 10:00-11:30 10:00-10:20 - General warm up 10:20 11:30 Open to all Finalists CIII + Reserves	
CII & CIII + Reserves Open stretch is available 15 min. before the start time in the stretching area. 17:00-19:30 17:00-17:20 - General warm up 17:20 19:30 Open to all Finalists CII & CIII + Reserves	

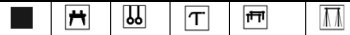
Activity: TRAINING MAG	
Date: August 10, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CII - 1 st to 24 th + Reserves	
Open stretch is available 15 min. before the start time in the stretching area.	
08:00-09:30	
08:00-08:18 - General warm up	
08:18 09:30	Open to all Finalists CII + Reserves
CIII + Reserves	
Open stretch is available 15 min. before the start time in the stretching area.	
10:00-12:00	
10:00-10:30 - General warm up	
10:30 12:00	Open to all Finalists CIII + Reserves
CIII + Reserves	
Open stretch is available 15 min. before the start time in the stretching area.	
16:30-19:00	
16:30-17:00 - General warm up	
17:00 19:00	Open to all Finalists CIII + Reserves

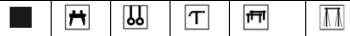
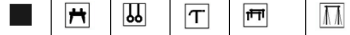
Activity: CII MAG									
Date: August 10, 2016									
ROA									
Warm Up - MAG					FOP - MAG				
CII Finalists									
14:05-15:50									
14:05-14:32 - General warm up									
									
14:32 15:50	Open to all Finalists CII								
CII Finalists									
16:00-18:45									
									
16:00 18:45	Group 1 1 st to 6 th	Group 2 7 th to 12 th	Group 3 13 th to 18 th	Group 4 19 th to 24 th					
		Group 1 1 st to 6 th	Group 2 7 th to 12 th	Group 3 13 th to 18 th	Group 4 19 th to 24 th				
			Group 1 1 st to 6 th	Group 2 7 th to 12 th	Group 3 13 th to 18 th	Group 4 19 th to 24 th			
	Group 4 19 th to 24 th			Group 1 1 st to 6 th	Group 2 7 th to 12 th	Group 3 13 th to 18 th			
	Group 3 13 th to 18 th	Group 4 19 th to 24 th			Group 1 1 st to 6 th	Group 2 7 th to 12 th			
	Group 2 7 th to 12 th	Group 3 13 th to 18 th	Group 4 19 th to 24 th			Group 1 1 st to 6 th			
18:45	19:00	Victory Ceremony							

Activity: TRAINING MAG	
Date: August 11, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CIII + Reserves	
09:00-11:00	
09:00-09:30 - General warm up	
	
09:30 11:00	Open to all Finalists CIII + Reserves
CIII + Reserves	
17:30-20:00	
17:30-18:00 - General warm up	
	
18:00 20:00	Open to all Finalists CIII + Reserves

Activity: TRAINING MAG	
Date: August 12, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CIII + Reserves	
09:00-11:00	
09:00-09:30 - General warm up	
	
09:30 11:00	Open to all Finalists CIII + Reserves
CIII + Reserves	
17:30-19:30	
17:30-18:00 - General warm up	
	
18:00 19:30	Open to all Finalists CIII + Reserves

Activity: TRAINING MAG	
Date: August 13, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CIII + Reserves	
09:00-11:00	
09:00-09:30 - General warm up	
	
09:30 11:00	Open to all Finalists CIII + Reserves
CIII + Reserves	
17:30-19:30	
17:30-18:00 - General warm up	
	
18:00 19:30	Open to all Finalists CIII + Reserves

Activity: TRAINING MAG	
Date: August 14, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CIII + Reserves	
07:30-11:00	
	
07:30 11:00	Open to all Finalists CIII + Reserves
CIII + Reserves	
17:30-19:30	
17:30-18:00 - General warm up	
	
18:00 19:30	Open to all Finalists CIII + Reserves

Activity: TRAINING MAG	
Date: August 15, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CIII + Reserves	
07:30-11:00	
	
07:30 11:00	Open to remaining Finalists CIII + Reserves
CIII + Reserves	
17:30-19:30	
17:30-18:00 - General warm up	
	
18:00 19:30	Open to remaining Finalists CIII + Reserves

Activity: TRAINING MAG	
Date: August 16, 2016	
ATHLETES' PARK	
Hall 1 - MAG	
CIII + Reserves	
07:30-11:00	
	
07:30 11:00	Open to remaining finalists CIII + Reserves

Activity: CIII MAG/WAG

Date: August 14, 2016

ROA

ROA Warm up Hall - MAG/WAG

ROA FOP - MAG/WAG

Finalists

11:45-13:30

Warm up before competition

MAG

WAG

12:00
13:30

Open to the Finalists + Reserves

Finalists

13:30-17:00

MAG

WAG

13:30
17:00

Open to the Finalists + Reserves

Finalists

CIII 14:00-17:00

Competition

14:00

14:30

14:35

14:44

15:19

15:29

16:04

16:14

16:49

14:30

14:42

15:14

15:26

15:59

16:11

16:44

16:56

MAG

Award Ceremony

WAG

Award Ceremony

MAG

Award Ceremony

WAG

Award Ceremony

Finalists

11:45-13:30

Warm up before competition

MAG

WAG

12:00
13:30

Open to the Finalists + Reserves

Finalists

13:30-16:15

MAG

WAG

13:30
17:00

Open to the Finalists + Reserves

Finalists

CIII 14:00-16:15

Competition

14:00

14:30

14:35

14:52

15:27

15:42

16:17

14:30

14:42

15:22

15:34

16:12

16:24

MAG

Award Ceremony

WAG

Award Ceremony

MAG

Award Ceremony

Activity: CIII MAG/WAG

Date: August 16, 2016

ROA

ROA Warm up Hall - MAG/WAG

ROA FOP - MAG/WAG

Finalists

12:00-13:30

Warm up before competition

MAG

WAG

12:00
13:30

Open to the Finalists + Reserves

Finalists

13:30-16:15

MAG

WAG

13:30
17:00

Open to the Finalists + Reserves

Finalists

CIII 14:00-16:15

Competition

Award Ceremony

Award Ceremony

Award Ceremony

Award Ceremony

14:00

14:30

MAG

14:35

14:42

14:45

15:15

WAG

15:20

15:27

15:30

16:00

MAG

16:05

16:12