



UNIVERSIADE 2015 GWANGJU, KOREA

General Training WAG Monday, June 29



*Short Trainings 20 minute general stretch & 17.5 minutes per rotation
Long Trainings 30 minute general stretch & 30 minutes per rotation*

WAG Training Hall A						WAG Training Hall B					
	Time	Vault	Bars	Beam	Floor		Time	Vault	Bars	Beam	Floor
1A 1B	10:00 - 12:30	MG5	MG2	MG4	MG6	3B	11:00 - 12:30			MAS	TKM
2A	12:30 - 15:00	MG1	MG3			4A 4B	13:30 - 15:00	KOR	AUS	RUS	JPN
1A 1B	16:30 - 18:00	MG4	MG6	MG5	MG2	3B	16:30 - 19:00	MAS	TKM		
2A	19:00 - 20:30			MG1	MG3	4A 4B	19:00 - 21:30	RUS	JPN	KOR	AUS
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Venue : Gwangju Physical Education High School

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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UNIVERSIADE 2015 GWANGJU, KOREA



General Training WAG Tuesday, June 30

*Short Trainings 20 minute general stretch & 17.5 minutes per rotation
Long Trainings 30 minute general stretch & 30 minutes per rotation*

WAG Training Hall A						WAG Training Hall B					
	Time	Vault	Bars	Beam	Floor		Time	Vault	Bars	Beam	Floor
1A 1B	10:00 - 12:30	TKM	MAS			3B	11:00 - 12:30	MG5	MG2	MG4	MG6
2A	12:30 - 15:00	KOR	AUS	RUS	JPN	4A 4B	13:30 - 15:00	MG1	MG3		
1A 1B	16:30 - 18:00			TKM	MAS	3B	16:30 - 19:00	MG4	MG6	MG5	MG2
2A	19:00 - 20:30	RUS	JPN	KOR	AUS	4A 4B	19:00 - 21:30			MG1	MG3

Venue : Gwangju Physical Education High School

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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UNIVERSIADE 2015 GWANGJU, KOREA



Podium Training WAG Day 1 Wednesday, July 1

WAG Competition Hall		WAG Warm-up Hall		WAG Training Hall A		WAG Training Hall B	
Time	V, UPB only	Time	30 min general stretch	Time	20 min general stretch	Time	20 min general stretch
12:00 - 12:40	Subdivision 1A MG5, MG2	10:45 - 11:45	Subdivision 1A MG5, MG2			12:00 - 13:30	Subdivision 3B MAS, TKM
13:00 - 13:40	Subdivision 1B MG4, MG6	11:45 - 12:45	Subdivision 1B MG4, MG6	13:15 - 14:45	Subdivision 4A KOR, AUS		
14:15 - 14:55	Subdivision 2A MG1, MG3	13:00 - 14:00	Subdivision 2A MG1, MG3			14:15 - 15:45	Subdivision 4B RUS, JPN
				17:00 - 18:30	Subdivision 1A MG5, MG2		
19:00 - 19:40	Subdivision 3B MAS, TKM	17:45 - 18:45	Subdivision 3B MAS, TKM			18:00 - 19:30	Subdivision 1B MG4, MG6
20:15 - 20:55	Subdivision 4A KOR, AUS	19:00 - 20:00	Subdivision 4A KOR, AUS	19:15 - 20:45	Subdivision 2A MG1, MG3		
21:15 - 21:55	Subdivision 4B RUS, JPN	20:00 - 21:00	Subdivision 4B RUS, JPN				

Venue : Kwangju Women's University Universiade Gymnasium

Venue : Gwangju Physical Education High School

**30 MINUTE GENERAL STRETCH WILL BE IN MAG TRAINING HALL A
WARM-UP HALL- START ON YOUR 2ND COMPETITION APPARATUS**

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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Podium Training WAG Day 2 Thursday, July 2



WAG Competition Hall		WAG Warm-up Hall		WAG Training Hall A		WAG Training Hall B	
Time	BB, FX only	Time	30 min general stretch	Time	20 min general stretch	Time	20 min general stretch
12:00 - 12:40	Subdivision 1A MG5, MG2	10:45 - 11:45	Subdivision 1A MG5, MG2	12:00 - 13:30	Subdivision 3B MAS, TKM		
13:00 - 13:40	Subdivision 1B MG4, MG6	11:45 - 12:45	Subdivision 1B MG4, MG6			13:15 - 14:45	Subdivision 4A KOR, AUS
14:15 - 14:55	Subdivision 2A MG1, MG3	13:00 - 14:00	Subdivision 2A MG1, MG3	14:15 - 15:45	Subdivision 4B RUS, JPN		
						17:00 - 18:30	Subdivision 1A MG5, MG2
19:00 - 19:40	Subdivision 3B MAS, TKM	17:45 - 18:45	Subdivision 3B MAS, TKM	18:00 - 19:30	Subdivision 1B MG4, MG6		
20:15 - 20:55	Subdivision 4A KOR, AUS	19:00 - 20:00	Subdivision 4A KOR, AUS			19:15 - 20:45	Subdivision 2A MG1, MG3
21:15 - 21:55	Subdivision 4B RUS, JPN	20:00 - 21:00	Subdivision 4B RUS, JPN				

Venue : Kwangju Women's University Universiade Gymnasium

Venue : Gwangju Physical Education High School

**30 MINUTE GENERAL STRETCH WILL BE IN MAG TRAINING HALL A
WARM-UP HALL- START ON YOUR 2ND COMPETITION APPARATUS**

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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UNIVERSIADE 2015 GWANGJU, KOREA

Opening Ceremony Day WAG Friday, July 3

WAG Training Hall A		WAG Training Hall B	
Time	30 min general stretch	Time	30 min general stretch
0900 - 11:00	Subdivision 1A MG5, MG2	0900 - 11:00	Subdivision 3B MAS, TKM
11:00 - 13:00	Subdivision 1B MG4, MG6	11:00 - 13:00	Subdivision 4A KOR, AUS
13:00 - 15:00	Subdivision 2A MG1, MG3	13:00 - 15:00	Subdivision 4B RUS, JPN

Venue : Gwangju Physical Education High School

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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UNIVERSIADE 2015 GWANGJU, KOREA



Competition I WAG Day 1 Saturday, July 4

WAG Competition Hall		WAG Warm-up Hall		WAG Training Hall A		WAG Training Hall B	
Time	V, UPB only	Time	30 min general stretch	Time	20 min general stretch	Time	20 min general stretch
12:00 - 12:40	Subdivision 1A MG5, MG2	10:45 - 11:45	Subdivision 1A MG5, MG2			12:00 - 13:30	Subdivision 3B MAS, TKM
13:00 - 13:40	Subdivision 1B MG4, MG6	11:45 - 12:45	Subdivision 1B MG4, MG6	13:15 - 14:45	Subdivision 4A KOR, AUS		
14:15 - 14:55	Subdivision 2A MG1, MG3	13:00 - 14:00	Subdivision 2A MG1, MG3			14:15 - 15:45	Subdivision 4B RUS, JPN
				17:00 - 18:30	Subdivision 1A MG5, MG2		
19:00 - 19:40	Subdivision 3B MAS, TKM	17:45 - 18:45	Subdivision 3B MAS, TKM			18:00 - 19:30	Subdivision 1B MG4, MG6
20:15 - 20:55	Subdivision 4A KOR, AUS	19:00 - 20:00	Subdivision 4A KOR, AUS	19:15 - 20:45	Subdivision 2A MG1, MG3		
21:15 - 21:55	Subdivision 4B RUS, JPN	20:00 - 21:00	Subdivision 4B RUS, JPN				

Venue : Kwangju Women's University Universiade Gymnasium

Venue : Gwangju Physical Education High School

**30 MINUTE GENERAL STRETCH WILL BE IN MAG TRAINING HALL A
WARM-UP HALL- START ON YOUR 2ND COMPETITION APPARATUS**

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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UNIVERSIADE 2015 GWANGJU, KOREA



Competition I WAG Day 2 Sunday, July 5

WAG Competition Hall		WAG Warm-up Hall		WAG Training Hall A		WAG Training Hall B	
Time	BB, FX only	Time	30 min general stretch	Time	20 min general stretch	Time	20 min general stretch
12:00 - 12:40	Subdivision 1A MG5, MG2	10:45 - 11:45	Subdivision 1A MG5, MG2	12:00 - 13:30	Subdivision 3B MAS, TKM		
13:00 - 13:40	Subdivision 1B MG4, MG6	11:45 - 12:45	Subdivision 1B MG4, MG6			13:15 - 14:45	Subdivision 4A KOR, AUS
14:15 - 14:55	Subdivision 2A MG1, MG3	13:00 - 14:00	Subdivision 2A MG1, MG3	14:15 - 15:45	Subdivision 4B RUS, JPN		
						17:00 - 18:30	Subdivision 1A MG5, MG2
19:00 - 19:40	Subdivision 3B MAS, TKM	17:45 - 18:45	Subdivision 3B MAS, TKM	18:00 - 19:30	Subdivision 1B MG4, MG6		
20:15 - 20:55	Subdivision 4A KOR, AUS	19:00 - 20:00	Subdivision 4A KOR, AUS			19:15 - 20:45	Subdivision 2A MG1, MG3
21:15 - 21:55	Subdivision 4B RUS, JPN	20:00 - 21:00	Subdivision 4B RUS, JPN				

Venue : Kwangju Women's University Universiade Gymnasium

Venue : Gwangju Physical Education High School

**30 MINUTE GENERAL STRETCH WILL BE IN MAG TRAINING HALL A
WARM-UP HALL- START ON YOUR 2ND COMPETITION APPARATUS**

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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UNIVERSIADE 2015 GWANGJU, KOREA

Competition II WAG Monday, July 6



WAG Competition Hall		MAG/WAG Warm-up Hall		WAG Training Hall A		WAG Training Hall B	
Time	AA Finals	Time	30 min general stretch	Time	30 min stretch /Open training		30 min stretch /Open training
		08:00 - 09:30	MAG AA Finals Participants ONLY Open Training	09:00 - 11:30	Subdivision 1A MG5, MG2 Subdivision 1B MG4, MG6	09:00 - 10:30	Subdivision 4A KOR, AUS Subdivision 4B RUS, JPN
		09:30 - 11:00	WAG AA Finals Participants ONLY Open Training	11:30 - 14:00	Subdivision 2A MG1, MG3 Subdivision 3B MAS, TKM		
		11:00 - 12:30	MAG WAG C-III Qualifiers + 2 Reserves ONLY				
14:30 - 17:00	MAG AA Finals	12:30 - 14:15	MAG AA Finals Warm-up ONLY (open warm-up)	15:30 - 17:00	Subdivision 1A MG5, MG2 Subdivision 1B MG4, MG6	14:30 - 17:00	Subdivision 4A KOR, AUS Subdivision 4B RUS, JPN
19:30 - 22:15	WAG AA Finals	17:45 - 19:15	WAG AA Finals Warm-up ONLY	18:00 - 19:30	Subdivision 2A MG1, MG3 Subdivision 3B MAS, TKM		
		19:30 - 22:00	MAG WAG C-III Qualifiers + 2 Reserves ONLY				

Venue : Kwangju Women's University Universiade Gymnasium

Venue : Gwangju Physical Education High School

WARM-UP HALL- START ON YOUR 2ND COMPETITION APPARATUS

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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Competition III WAG Tuesday, July 7

MAG/WAG Competition Hall		MAG/WAG Warm-up Hall		WAG Training Hall A&B	
Time	AA Finals	Time	30 min stretch /Open training	Time	30 min stretch /Open training
		08:00 - 09:30	Apparatus Finals MAG V, PB, HB WAG BB, FX Participants ONLY	09:00 - 11:30	Subdivision 1A MG5, MG2 Subdivision 1B MG4, MG6
09:30 - 10:45	Apparatus Finals MAG FX, PH, R WAG V, UPB Warm-up	09:30 - 14:00	Apparatus Finals MAG FX, PH, R WAG V, UPB Participants ONLY	11:30 - 14:00	Subdivision 2A MG1, MG3 Subdivision 3B MAS, TKM
11:00 - 14:00	Apparatus Finals MAG FX, PH, R WAG V, UPB			14:00 - 16:30	Subdivision 4A KOR, AUS Subdivision 4B RUS, JPN
14:00 - 15:45	Apparatus Finals MAG V, PB, HB WAG BB, FX Warm-up	14:00 - 19:00	Apparatus Finals MAG V, PB, HB WAG BB, FX Participants ONLY		
16:00 - 19:00	Apparatus Finals MAG V, PB, HB WAG BB, FX				

Venue : Kwangju Women's University Universiade Gymnasium

Venue : Gwangju Physical Education High School

MG1=FIN(2), CRO(1), GER(1)	MG2=UZB(2), NED(1)	MG3=UKR(2), SLO(1), GBR(1)	MG4=NOR(2), NZL(1), MEX(1)	MG5=CZE(2), AUT(1), POR(1)	MG6=AZE(2), RSA(1)
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