

## **AER FIG IOC & YOUTH COMPETITION – Training Schedule**

#	Number of Routines	Nation / Club	Day / Time for Training		Warm Up		Podium	
			23 <sup>rd</sup> May	24 <sup>th</sup> May	General	Specific	Start	Finish
1	34	PORTUGAL - ACG	01:08		10:00	10:30	11:00	12:08
2	36	PORTUGAL - A4G	01:12		14:00	14:30	15:00	16:12
3	1	PORTUGAL-A4G/MGBOOS	00:02		15:12	15:42	16:12	16:14
4	4	PORTUGAL - MGBOOS	00:08		15:14	15:44	16:14	16:22
5	1	PORTUGAL - CCRCCR	00:02		15:22	15:52	16:22	16:24
6	3	PORTUGAL - CCRAM	00:06		15:24	15:54	16:24	16:30
7	3	PORTUGAL - AQUA FITNESS	00:06		15:30	16:00	16:30	16:36
8	21	PORTUGAL - ABGC	00:42		15:36	16:06	16:36	17:18
9	19	PORTUGAL - CAGPD	00:38		16:18	16:48	17:18	17:56
10	28	HUNGARY 1		00:56	9:00	9:30	10:00	10:56
11	8	BRAZIL		00:16	9:56	10:26	10:56	11:12
12	19	RUSSIA 1		00:38	10:12	10:42	11:12	11:50
13	7	SLOVAKIA		00:14	10:50	11:20	11:50	12:04
14	4	CHILE		00:08	11:04	11:34	12:04	12:12
15	3	BELARUS		00:06	14:00	14:30	15:00	15:06
16	23	FINLAND		00:46	14:06	14:36	15:06	15:52
17	12	TURKEY		00:24	14:52	15:22	15:52	16:16
18	36	HUNGARY 2		01:12	15:16	15:46	16:16	17:28
19	27	BULGARIA		00:54	16:28	16:58	17:28	18:22
20	31	GREECE		01:02	17:22	17:52	18:22	19:24
21	71	RUSSIA 2		02:22	18:24	18:54	19:24	21:46
22	2	ESTONIA		00:04	20:46	21:16	21:46	21:50
23	18	SPAIN		00:36	20:50	21:20	21:50	22:26
24	8	GERMANY		00:16	21:26	21:56	22:26	22:42
25	4	AUSTRIA		00:08	21:42	22:12	22:42	22:50
26	10	GREAT BRITAIN		00:20	21:50	22:20	22:50	23:10

## **AER FIG WORLD CUP – Training Schedule**

#	Number of Routines	Nation	Day / Time for Training	Warm Up		Podium	
			25 <sup>th</sup> May	General	Specific	Start	Finish
1	1	AUSTRIA	0:03	8:00	8:30	9:00	9:03
2	7	ITALY	0:21	8:03	8:33	9:03	9:24
3	5	JAPAN	0:15	8:24	8:54	9:24	9:39
4	5	PORTUGAL	0:15	8:39	9:09	9:39	9:54
5	5	SPAIN	0:15	8:54	9:24	9:54	10:09
6	9	CHINA	0:27	9:09	9:39	10:09	10:36
7	8	RUSSIA	0:24	9:36	10:06	10:36	11:00
8	6	BULGARIA	0:18	20:00	20:30	21:00	21:18
9	4	FINLAND	0:12	20:18	20:48	21:18	21:30
10	4	GERMANY	0:12	20:30	21:00	21:30	21:42
11	3	ALGERIA	0:09	20:42	21:12	21:42	21:51
12	3	AZERBAIJAN	0:09	20:51	21:21	21:51	22:00
13	2	TURKEY	0:06	21:00	21:30	22:00	22:06
14	1	GREECE	0:03	21:06	21:36	22:06	22:09
15	1	SLOVAKIA	0:03	21:09	21:39	22:09	22:12
16	1	PERU	0:03	21:12	21:42	22:12	22:15
17	3	BRAZIL	0:09	21:15	21:45	22:15	22:24
18	5	HUNGARY	0:15	21:24	21:54	22:24	22:39

## **= Additional Training Schedule (optional without MP) =**

#	Number of Routines	Nation	Day / Time for Training	Warm Up		Podium	
			26 <sup>th</sup> May	General	Specific	Start	Finish
1	1	GREECE	00:03	19:00	19:30	20:00	20:03
2	1	SLOVAKIA	00:03	19:03	19:33	20:03	20:06
3	1	PERU	00:03	19:06	19:36	20:06	20:09
4	1	AUSTRIA	00:03	19:09	19:39	20:09	20:12
5	2	ALGERIA	00:06	19:12	19:42	20:12	20:18
6	2	AZERBAIJAN	00:06	19:18	19:48	20:18	20:24
7	2	TURKEY	00:06	19:24	19:54	20:24	20:30
8	2	BRAZIL	00:06	19:30	20:00	20:30	20:36
9	3	GERMANY	00:09	19:36	20:06	20:36	20:45
10	4	FINLAND	00:12	19:45	20:15	20:45	20:57
11	5	BULGARIA	00:15	19:57	20:27	20:57	21:12
12	7	RUSSIA	00:21	20:12	20:42	21:12	21:33
13	7	CHINA	00:21	20:33	21:03	21:33	21:54
14	4	JAPAN	00:12	20:54	21:24	21:54	22:06
15	3	SPAIN	00:09	21:06	21:36	22:06	22:15
16	4	HUNGARY	00:12	21:15	21:45	22:15	22:27
17	5	ITALY	00:15	21:27	21:57	22:27	22:42
18	4	PORTUGAL	00:12	21:42	22:12	22:42	22:54