

AER FIG IOC & YOUTH COMPETITION – Training Schedule

#	Number of Routines	Nation / Club	Day / Time for Training		Warm Up		Podium	
			20 th March	21 st March	General	Specific	Start	Finish
1	22	PORTUGAL - ACG	00:44		10:00	10:30	11:00	11:44
2	1	PORTUGAL - ACG/CAGPD	00:02		10:44	11:14	11:44	11:46
3	14	PORTUGAL - CAGPD	00:28		10:46	11:16	11:46	12:14
4	18	PORTUGAL - A4G	00:36		14:00	14:30	15:00	15:36
5	3	PORTUGAL-A4G/MGBOOS	00:06		14:36	15:06	15:36	15:42
6	5	PORTUGAL - MGBOOS	00:10		14:42	15:12	15:42	15:52
7	17	PORTUGAL - ABGC	00:34		14:52	15:22	15:52	16:26
8	3	PORTUGAL - URD	00:06		15:26	15:56	16:26	16:32
9	3	PORTUGAL - CCRAM	00:06		15:32	16:02	16:32	16:38
10	1	CZECH REPUBLIC	00:02		15:38	16:08	16:38	16:40
11	3	AUSTRALIA	00:06		15:40	16:10	16:40	16:46
12	5	FRANCE		00:10	8:00	8:30	9:00	9:10
13	27	HUNGARY 1		00:54	8:10	8:40	9:10	10:04
14	41	FINLAND		01:22	9:04	9:34	10:04	11:26
15	54	RUSSIA		01:48	10:26	10:56	11:26	13:14
16	10	GERMANY		00:20	13:00	13:30	14:00	14:20
17	5	LATVIA		00:10	13:20	13:50	14:20	14:30
18	5	LITHUANIA		00:10	13:30	14:00	14:30	14:40
19	1	MEXICO		00:02	13:40	14:10	14:40	14:42
20	5	CANADA		00:10	13:42	14:12	14:42	14:52
21	6	ROMANIA		00:12	13:52	14:22	14:52	15:04
22	10	SLOVAKIA		00:20	14:04	14:34	15:04	15:24
23	6	SOUTH AFRICA		00:12	14:24	14:54	15:24	15:36
24	2	ESTONIA		00:04	14:36	15:06	15:36	15:40
25	1	BRAZIL		00:02	14:40	15:10	15:40	15:42
26	7	FRANCE - AMGA		00:14	14:42	15:12	15:42	15:56
27	1	SPAIN - AERO		00:02	14:56	15:26	15:56	15:58
28	2	SPAIN - MASCAMARENA		00:04	14:58	15:28	15:58	16:02
29	2	SPAIN - COSLADA		00:04	15:02	15:32	16:02	16:06
30	2	SPAIN - HENARES		00:04	15:06	15:36	16:06	16:10
31	10	SPAIN - SAGUNTO		00:20	15:10	15:40	16:10	16:30
32	6	SPAIN - XATIVA		00:12	15:30	16:00	16:30	16:42
33	7	SPAIN - ARA CATALUNYA		00:14	15:42	16:12	16:42	16:56
34	7	SPAIN - MONCADA		00:14	15:56	16:26	16:56	17:10
35	32	SPAIN - ABETMAR		01:04	16:10	16:40	17:10	18:14
36	13	SPAIN - CALAFELL		00:26	17:14	17:44	18:14	18:40
37	5	SPAIN - LA MINA		00:10	17:40	18:10	18:40	18:50
38	4	BULGARIA		00:08	17:50	18:20	18:50	18:58
39	41	GREECE		01:22	17:58	18:28	18:58	20:20
40	1	ITALY		00:02	19:20	19:50	20:20	20:22
41	27	HUNGARY 2		00:54	19:22	19:52	20:22	21:16

AER FIG WORLD CUP – Training Schedule

#	Number of Routines	Nation	Day / Time for Training	Warm Up		Podium	
			22 nd March	General	Specific	Start	Finish
1	4	JAPAN	00:12	8:00	8:30	9:00	9:12
2	6	PORTUGAL	00:18	8:12	8:42	9:12	9:30
3	1	GREECE	00:03	8:30	9:00	9:30	9:33
4	3	ROMANIA	00:09	8:33	9:03	9:33	9:42
5	2	GERMANY	00:06	8:42	9:12	9:42	9:48
6	3	AZERBAIJAN	00:09	8:48	9:18	9:48	9:57
7	3	AUSTRALIA	00:09	8:57	9:27	9:57	10:06
8	8	CHINA	00:24	9:06	9:36	10:06	10:30
9	4	RUSSIA	00:12	9:30	10:00	10:30	10:42
10	1	SLOVAKIA	00:03	9:42	10:12	10:42	10:45
11	1	PERU	00:03	9:45	10:15	10:45	10:48
12	3	FINLAND	00:09	9:48	10:18	10:48	10:57
13	1	MEXICO	00:03	9:57	10:27	10:57	11:00
14	6	ITALY	00:18	20:00	20:30	21:00	21:18
15	3	BRAZIL	00:09	20:18	20:48	21:18	21:27
16	3	HUNGARY	00:09	20:27	20:57	21:27	21:36
17	7	SPAIN	00:21	20:36	21:06	21:36	21:57
18	2	BELARUS	00:06	20:57	21:27	21:57	22:03
19	6	BULGARIA	00:18	21:03	21:33	22:03	22:21
20	3	FRANCE	00:09	21:21	21:51	22:21	22:30

= Additional Training Schedule (optional without MP) =

#	Number of Routines	Nation	Day / Time for Training	Warm Up		Podium	
			23 rd March	General	Specific	Start	Finish
1	3	AUSTRALIA	00:09	19:15	19:45	20:15	20:24
2	2	AZERBAIJAN	00:06	19:24	19:54	20:24	20:30
3	2	BELARUS	00:06	19:30	20:00	20:30	20:36
4	2	BRAZIL	00:06	19:36	20:06	20:36	20:42
5	7	CHINA	00:21	19:42	20:12	20:42	21:03
6	3	FINLAND	00:09	20:03	20:33	21:03	21:12
7	2	GERMANY	00:06	20:12	20:42	21:12	21:18
8	1	GREECE	00:03	20:18	20:48	21:18	21:21
9	5	ITALY	00:15	20:21	20:51	21:21	21:36
10	1	PERU	00:03	20:36	21:06	21:36	21:39
11	2	ROMANIA	00:06	20:39	21:09	21:39	21:45
12	4	RUSSIA	00:12	20:45	21:15	21:45	21:57
13	1	SLOVAKIA	00:03	20:57	21:27	21:57	22:00
14	5	BULGARIA	00:15	21:00	21:30	22:00	22:15
15	3	FRANCE	00:09	21:15	21:45	22:15	22:24
16	2	HUNGARY	00:06	21:24	21:54	22:24	22:30
17	1	MEXICO	00:03	21:30	22:00	22:30	22:33
18	5	SPAIN	00:15	21:33	22:03	22:33	22:48
19	4	JAPAN	00:12	21:48	22:18	22:48	23:00
20	5	PORTUGAL	00:15	22:00	22:30	23:00	23:15