

APPENDIX 2 – MEN’S ARTISTIC TRAINING SCHEDULE

Please see below the training schedule for Men’s Artistic Gymnastics. Blocks of time do not include stretch and warm up. Athletes are invited to stretch and warm up in the athletes warm up area 1 hour before their allotted time on the apparatus as per below. Athletes are expected to wear suitable training gear.

All clothing and bags should be stored in the warm-up area.

Tuesday 2 October

Training Time	Province
9:00am – 11:00am	BOP (7) OTA (2) SOU (4)
11:00am – 1:00pm	WAI (17) GMA Senior (6)
1:00pm – 3:00pm	AUC (20) GMA Junior (8) NTH (5)
3:00pm – 5:00pm	WAN (1) HAR (17) HBPB (4)
5:00pm – 7:00pm	WEL Senior (3) AOR (1) TOTS (6) AUS (11)
7:00pm – 9:00pm	CAN (30)

Friday 5 October

Training Time	Province
TBC	Senior Open

Additional training will be offered for Seniors on Wednesday 28 September – this training will be prior to and following WAG competition. Times are TBC.

MAG Training Rotation Schedule

Tuesday 27 September:

Training Time One – 9:00am – 11:00am

Stretch: 8:00am – 9:00am (athlete warm up area)

Group 1: BOP (7)

Group 2: OTA (2)

Group 3: SOU (4)

Training Schedule:

	Floor	Pommels	Rings	Vault	PBars	High Bar	Rotation
9:00 – 9:20	Group 1	Group 2	Group 3				1
9:20 – 9:40		Group 1	Group 2	Group 3			2
9:40 – 10:00			Group 1	Group 2	Group 3		3
10:00 – 10:20				Group 1	Group 2	Group 3	4
10:20 – 10:40	Group 3				Group 1	Group 2	5
10:40 – 11:00	Group 2	Group 3				Group 1	6

Tuesday 27 September:

Training Time Two – 11:00am – 1:00pm

Stretch: 10:00am – 11:00am (athlete warm up area)

Group 1: WAI Level 4 (11)

Group 2: WAI 5-Sr.Open (6)

Group 3: GMA Senior (6)

Training Schedule:

	Floor	Pommels	Rings	Vault	PBars	High Bar	Rotation
11:00 – 11:20	Group 1	Group 2	Group 3				1
11:20 – 11:40		Group 1	Group 2	Group 3			2
11:40 – 12:00			Group 1	Group 2	Group 3		3
12:00 – 12:20				Group 1	Group 2	Group 3	4
12:20 – 12:40	Group 3				Group 1	Group 2	5
12:40 – 1:00	Group 2	Group 3				Group 1	6

Tuesday 27 September:

Training Time Three – 1:00pm – 3:00pm

Stretch: 12:00pm – 1:00pm (athlete warm up area)

Group 1: AUC Level 4-7 (9)

Group 2: AUC Level 7-Sr. Open (11)

Group 3: GMA Junior (8)

Group 4: NTH (5)

Training Schedule:

	Floor	Pommels	Rings	Vault	PBars	High Bar	Rotation
1:00 – 1:20	Group 1	Group 2	Group 3	Group 4			1
1:20 – 1:40		Group 1	Group 2	Group 3	Group 4		2
1:40 – 2:00			Group 1	Group 2	Group 3	Group 4	3
2:00 – 2:20	Group 4			Group 1	Group 2	Group 3	4
2:20 – 2:40	Group 3	Group 4			Group 1	Group 2	5
2:40 – 3:00	Group 2	Group 3	Group 4			Group 1	6

Tuesday 27 September:**Training Time Four – 3:00pm – 5:00pm**

Stretch: 2:00pm – 3:00pm (athlete warm up area)

Group 1: WAN (1), HBPB (4)

Group 2: HAR Level 4&5 (8)

Group 3: HAR Level 6-Sr. Open (9)

Training Schedule:

	Floor	Pommels	Rings	Vault	PBars	High Bar	Rotation
3:00 – 3:20	Group 1	Group 2	Group 3				1
3:20 – 3:40		Group 1	Group 2	Group 3			2
3:40 – 4:00			Group 1	Group 2	Group 3		3
4:00 – 4:20				Group 1	Group 2	Group 3	4
4:20 – 4:40	Group 3				Group 1	Group 2	5
4:40 – 5:00	Group 2	Group 3				Group 1	6

Tuesday 27 September:**Training Time Five – 5:00pm – 7:00pm**

Stretch: 4:00pm – 5:00pm (athlete warm up area)

Group 1: WEL Senior (3), AOR (1)

Group 2: TOTS (6)

Group 3: AUS Level 8 (4)

Group 4: AUS Level 9-Sr. Open (7)

Training Schedule:

	Floor	Pommels	Rings	Vault	PBars	High Bar	Rotation
5:00 – 5:20	Group 1	Group 2	Group 3	Group 4			1
5:20 – 5:40		Group 1	Group 2	Group 3	Group 4		2
5:40 – 6:00			Group 1	Group 2	Group 3	Group 4	3
6:00 – 6:20	Group 4			Group 1	Group 2	Group 3	4
6:20 – 6:40	Group 3	Group 4			Group 1	Group 2	5
6:40 – 7:00	Group 2	Group 3	Group 4			Group 1	6

Tuesday 27 September:**Training Time Six – 7:00pm – 9:00pm**

Stretch: 6:00pm – 7:00pm (athlete warm up area)

Group 1: CAN Level 4 (9)

Group 2: CAN Level 5 (5)

Group 3: CAN Level 7 (8)

Group 4: CAN Level 8-Sr. Open (8)

Training Schedule:

	Floor	Pommels	Rings	Vault	PBars	High Bar	Rotation
7:00 – 7:20	Group 1	Group 2	Group 3	Group 4			1
7:20 – 7:40		Group 1	Group 2	Group 3	Group 4		2
7:40 – 8:00			Group 1	Group 2	Group 3	Group 4	3
8:00 – 8:20	Group 4			Group 1	Group 2	Group 3	4
8:20 – 8:40	Group 3	Group 4			Group 1	Group 2	5
8:40 – 9:00	Group 2	Group 3	Group 4			Group 1	6