

APPENDIX 1 – WOMEN’S ARTISTIC TRAINING SCHEDULE

Please see below the training schedule for Women’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 below. Athletes are expected to wear suitable training gear.

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

Tuesday 2 October

Training Time	Province
9:00am – 11:00am	OTA (14) BOP Junior (10) SOU (9) GMA Junior (8)
11:00am – 1:00pm	WAI (13) BOP Senior (10) AUS (7) GMA Senior (10)
1:00pm – 3:00pm	NTH (4) AUC (41)
3:00pm – 5:00pm	TAR (7) WAN (4) HBPB (8) HAR (18)
5:00pm – 7:00pm	TOTS (12) WEL (33) AOR (1)
7:00pm – 9:00pm	CAN (42)

Friday 5 October

Training Time	Province
TBC	STEP 10 Jnr Int Snr Int

WAG Training Rotation Schedule

Tuesday 2 October:

Training Time One – 9:00am – 11:00am

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

- Group 1: OTA (14)
- Group 2: BOP Junior (10)
- Group 3: GMA Junior (8)
- Group 4: SOU (9)

Training Schedule:

	Vault	Bars	Beam	Floor	Rotation
9:00 – 9:30	Group 1	Group 2	Group 3	Group 4	1
9:30 – 10:00	Group 4	Group 1	Group 2	Group 3	2
10:00 – 10:30	Group 3	Group 4	Group 1	Group 2	3
10:30 – 11:00	Group 2	Group 3	Group 4	Group 1	4

Tuesday 2 October:

Training Time Two – 11:00am – 1:00pm

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

- Group 1: WAI (13)
- Group 2: AUS (7)
- Group 3: BOP Senior (9)
- Group 4: GMA Senior (10)

Training Schedule:

	Vault	Bars	Beam	Floor	Rotation
11:00 – 11:30	Group 1	Group 2	Group 3	Group 4	1
11:30 – 12:00	Group 4	Group 1	Group 2	Group 3	2
12:00 – 12:30	Group 3	Group 4	Group 1	Group 2	3
12:30 – 1:00	Group 2	Group 3	Group 4	Group 1	4

Tuesday 2 October:

Training Time Three – 1:00pm – 3:00pm

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

- Group 1: AUC STEP 6 (10)
- Group 2: AUC STEP 5 (14)
- Group 3: AUC STEP 7&8 (11)
- Group 4: NTH (4), AUC STEP 9+(6)

Training Schedule:

	Vault	Bars	Beam	Floor	Rotation
1:00 – 1:30	Group 1	Group 2	Group 3	Group 4	1
1:30 – 2:00	Group 4	Group 1	Group 2	Group 3	2
2:00 – 2:30	Group 3	Group 4	Group 1	Group 2	3
2:30 – 3:00	Group 2	Group 3	Group 4	Group 1	4

Tuesday 2 October:**Training Time Four – 3:00pm – 5:00pm**

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

Group 1: TAR (7), WAN (4)

Group 2: HBPB (8)

Group 3: HAR Junior (9)

Group 4: HAR Senior (9)

Training Schedule:

	Vault	Bars	Beam	Floor	Rotation
3:00 – 3:30	Group 1	Group 2	Group 3	Group 4	1
3:30 – 4:00	Group 4	Group 1	Group 2	Group 3	2
4:00 – 4:30	Group 3	Group 4	Group 1	Group 2	3
4:30 – 5:00	Group 2	Group 3	Group 4	Group 1	4

Tuesday 2 October:**Training Time Five – 5:00pm – 7:00pm**

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

Group 1: TOTS (12)

Group 2: WEL STEP 5 (11), AOR (1)

Group 3: WEL STEP 6 (11)

Group 4: WEL Senior (11)

Training Schedule:

	Vault	Bars	Beam	Floor	Rotation
5:00 – 5:30	Group 1	Group 2	Group 3	Group 4	1
5:30 – 6:00	Group 4	Group 1	Group 2	Group 3	2
6:00 – 6:30	Group 3	Group 4	Group 1	Group 2	3
6:30 – 7:00	Group 2	Group 3	Group 4	Group 1	4

Tuesday 2 October:**Training Time Five – 7:00pm – 9:00pm**

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

Group 1: CAN STEP 5&6 (16)

Group 2: CAN STEP 7 (9)

Group 3: CAN STEP 8 (7)

Group 4: CAN STEP 9+(10)

Training Schedule:

	Vault	Bars	Beam	Floor	Rotation
7:00 – 7:30	Group 1	Group 2	Group 3	Group 4	1
7:30 – 8:00	Group 4	Group 1	Group 2	Group 3	2
8:00 – 8:30	Group 3	Group 4	Group 1	Group 2	3
8:30 – 9:00	Group 2	Group 3	Group 4	Group 1	4

Friday 5 October:

Training Time TBD – STEP 10-Sr. Int.

Stretch: (athlete warm up area)

Group 1: CAN (7)

Group 2: AUC (4)

Group 3: AUS (7)

Group 4: WAI (1), GMA (1), WEL (1)

Training Schedule:

	Vault	Bars	Beam	Floor	Rotation
	Group 1	Group 2	Group 3	Group 4	1
	Group 4	Group 1	Group 2	Group 3	2
	Group 3	Group 4	Group 1	Group 2	3
	Group 2	Group 3	Group 4	Group 1	4