

2025 XP GYMNASTICS NATIONALS
Men's and Women's Artistic Timetable Final

Monday 22 September	Training	Training	Training	Training WAG Judges Meeting 4:30pm - 7:30pm
	Session 1	Session 2	Session 3	Session 4
Tuesday 23 September			Opening Ceremony 1.00pm MAG 8, 9, U18, Senior Training 1.45pm-4.00pm	MAG Judges Meeting 6.30-7.30pm
	WAG STEP 5 Team & Apparatus Round 1 Stretch 8.00-8.20am Compete 8.30-10.30am Prizegiving 2:30pm	WAG STEP 5 Team & Apparatus Round 2 Stretch 10.30-10.50am Compete 11.00-1.00pm Prizegiving 2:30pm	Opening Ceremony 1.00pm STEP 9 + Senior Training 1.45pm-4.00pm	WAG STEP 8 Team & All Around Stretch 4.00-4.20pm Compete 4.30-7.00pm Prizegiving 8:00pm
	Session 5	Session 6	Session 7	Session 8
Wednesday 24 September	MAG Level 4 Team & Apparatus Stretch 8.00-8.20am Compete 8.30-10.30am Prizegiving 11:45am	MAG Level 5 Team & Apparatus Stretch 10.30-10.50am Compete 11.00-1.00pm Prizegiving 2:30pm	MAG Level 6 Team & Apparatus MAG U16, U18 All Around Stretch 1.00-1.20pm Apparatus Warm up 1.20-2.20pm Compete 2.30-4.30pm Prizegiving 5:30pm	MAG Level 7 Team & All Around Stretch 4.10-4.30pm Apparatus Warm up 4.30-5.30pm Compete 5.30-7.30pm Prizegiving 8:20pm
	WAG STEP 6 Team & Apparatus Round 1 Stretch 8.00-8.20am Compete 8.30-10.30am Prizegiving 2:45pm	WAG STEP 6 Team & Apparatus Round 2 Stretch 10.30-10.50am Compete 11.00-1.00pm Prizegiving 2:45pm	WAG STEP 7 Team & All Around Round 1 Stretch 1.00-1.20pm Compete 1.30-4.00pm Prizegiving 8:45pm	WAG STEP 7 Team & All Around Round 2 Stretch 5.10-5.30pm Compete 5.30-8.00pm Prizegiving 8:45pm

	Session 9	Session 10	Session 11	Session 12
Thursday 25 September		MAG Forum 11.30am-12.30pm	*Senior Session* MAG Senior Open Team & All Around Stretch 1.10-1.30pm Apparatus Warm up 1.30-2.30pm Compete 2.30-4.30pm Prizegiving 5:30pm	*Senior Session* MAG Level 8 Team & All Around MAG Level 9 All Around Stretch 4.10-4.30pm Apparatus Warm up 4.30-5.30pm Compete 5.30-7.30pm Prizegiving 8:15pm
	WAG STEP 5 All Around Final Stretch 8.00-8.20am Compete 8.30-10.30am Prizegiving 11:30am	WAG STEP 8 Apparatus Finals Stretch 10.30-10.50am Compete 11.00-1.30pm Prizegiving 2:00pm	*Senior Session* WAG STEP 10 Team & All Around, Jnr Snr International All Around Stretch 1.10-1.30pm Apparatus Warm up 1.30-2.30pm Compete 2.30-4.30pm Prizegiving 5:30pm	*Senior Session* WAG STEP 9 Team & All Around Stretch 4.10-4.30pm Apparatus Warm up 4.30-5.30pm Compete 5.30-7.30pm Prizegiving 8:15pm
	Session 13	Session 14	Session 15	Session 16
Friday 26 September	MAG Level 5 & 6 All Around Finals Stretch 8.30-8.50am Compete 9.00-11.00am Prizegiving 12:30pm <i>Coaches' medals presentation on the competition floor 11:10am</i>	MAG Level 4 All Around Final Stretch 11.00-11.20am Compete 11.30-1.30pm Prizegiving 2:30pm including overall Junior Trophies	MAG Level 7 Apparatus Final Stretch 1.30-1.50pm Apparatus Warm up 2.00-3.00pm Compete 3.00-5.00pm Prizegiving 6:00pm	
	STEP 6 All Around Final Stretch 8.30-8.50am Compete 9.00-11.00am Prizegiving 12:15pm <i>Coaches' medals presentation on the competition floor 11:10am</i>	STEP 7 Apparatus Finals Stretch 11.00-11.20am Compete 11.30-2.00pm Prizegiving 3:15pm	WAG Forum 2.00-3.00pm	

	Session 17	Session 18	Session 19	
Saturday 27 September	MAG Level 8 and 9 Apparatus Finals Stretch 9.00-9.20am Apparatus Warm up 9.20-10.20am Compete 10.30-12.30pm Prizegiving 2:00pm <i>Coaches' medals presentation on the competition floor 12:30pm</i>		*Senior Session* MAG U16, U18 & Senior Open Apparatus Finals Stretch 12.30-12.50 Apparatus Warm up 12.50-1.50pm Compete 2.00-4.00pm Prizegiving 5:00pm	
	WAG STEP 9, 10 Apparatus Finals Stretch 9.00-9.20am Apparatus Warm up 9.20-10.20am Compete 10.30-12.30pm <i>Coaches medals presentation on the competition floor 12:30pm</i> Prizegiving 1:30pm		*Senior Session* WAG Jnr & Snr International Apparatus Finals Stretch 12.30-12.50 Apparatus Warm up 12.50-1.50pm Compete 2.00-4.00pm Prizegiving 5:00pm	