

2025 XP GYMNASTICS NATIONALS
Rhythmic Gymnastics Timetable Final

Mon 22 Sep	Training	Training	Training	Training	Training
	Session 1	Session 2	Session 3	Session 4	Session 5
Tue 23 Sep	Judges Meeting 7.45-8.15am Level 5&6 Performance 2 apparatus 7.00am Stretch 8.30am – 9.55am	Level 5 National 3 apparatus 8.55am Stretch 10.25am – 1.05pm Prizegiving: 2:00pm	<i>Opening Ceremony 1.00pm</i> Level 6 National 3 apparatus 1.45pm Stretch 3.15pm – 5.15pm Prizegiving: 6:15pm	Level 7 National 3 apparatus 4.15pm Stretch 5.45pm – 8.00pm Prizegiving: 9:00pm	Grade 5 2 showings 7.00pm Stretch 8.30pm – 9.00pm Prizegiving: Wed 11:00am
	Session 6	Session 7	Session 8	Session 9	Session 10
Wed 24 Sep	Grade 3N&P Group 2 showings 7.30am Stretch 9.00am – 10.00am Prizegiving + Grade 5: 11:00am	Grade 4 Group 2 showings 9.10am Stretch 10.40am – 11.25am Prizegiving: 12:25pm	Level 9 National 2 apparatus 10.25am Stretch 11.55am – 1.25pm	RG Forum 2.00-3.00pm	Level 10 & International Training
	Session 11	Session 12	Session 13	Session 14	Session 15
Thu 25 Sep	Level 5&6 Performance 2 apparatus 7.00am Stretch 8.30am – 9.55am Prizegiving: 11:00am	Level 7&8 Performance 2 apparatus 8.55am Stretch 10.25am – 11.35am	Level 8 National 2 apparatus 10.45am Stretch 12.15pm – 2.05pm	*Senior Session* Level 10 National 2 apparatus 1.05pm Stretch 2.35pm – 4.05pm	*Senior Session* Junior & Senior Int 2 apparatus 3.15pm Stretch 4.45pm – 6.30pm
	Session 16	Session 17	Session 18	Session 19	Session 20
Fri 26 Sep	Level 7&8 Performance 2 apparatus 7.00am Stretch 8.30am – 10am Prizegiving: 10:45am	Level 8 National 2 apparatus 9.00am Stretch 10.30am – 12.15pm Prizegiving: 1:15pm	Level 9 National 2 apparatus 11.25am Stretch 12.55pm – 3.00pm Prizegiving: 3:45pm	Level 10 National 2 apparatus 2.00pm Stretch 3.30pm – 5.00pm	Junior & Senior International 2 apparatus 4.10pm Stretch 5.40pm – 7pm
	Session 21	Session 22	Session 23		
Sat 27 Sep	Level 10 Final 4 apparatus 7.30am Stretch 9.00am – 10.35am <i>Coaches' medals presentation on the competition floor 10:35am</i> Prizegiving: 11:20am and all Overall National Level Awards	Junior International Final 4 apparatus 9.35am Stretch 11.05am – 12.40pm Prizegiving: 1:20pm	*Senior Session* Senior Final 4 apparatus 11.50am Stretch 1.20pm – 2.35pm Prizegiving: 3:15pm and all Overall International Awards		