

2026 XP GYMNASTICS NATIONALS
Men's and Women's Artistic Timetable FINAL

Monday 28 September	Training	Training Managers Meeting 10-11am	Training	Training WAG Judges Meeting 5.30pm
	Session 1	Session 2	Session 3	Session 4
Tuesday 29 September		MAG Snr Training Level 8,9,Snr Int 12.00-2.00pm	Opening Ceremony 2.00pm	MAG Judges Meeting 6.30pm
	WAG STEP 5 Team & Apparatus Round 1 Stretch 7.30am-7.50am Compete 8.00am-10.00am Prizegiving 1:00pm	WAG STEP 5 Team & Apparatus Round 2 Stretch 9.30am-9.50am Compete 10.00am-12.00pm Prizegiving 1:00pm STEP 9+ Senior Training 12.00pm-2.00pm	WAG STEP 8 Team & All Around Round 1 Stretch 2.30pm-2.50pm Compete 3.00pm-5.45pm Prizegiving 9:15pm	WAG STEP 8 Team & All Around Round 2 Stretch 5.30pm-5.50pm Compete 6.00pm-8.40pm Prizegiving 9:15pm
	Session 5	Session 6	Session 7	Session 8
Wednesday 30 September	MAG Level 4 Team & Apparatus Stretch 7.30am-7.50am Compete 8.00am-10.30am Prizegiving 11:30am	MAG Level 5 Team & Apparatus Stretch 10.30am-10.50am Compete 11.00am-1.30pm Prizegiving 2:30pm	MAG Level 6 Team & Apparatus MAG U18 All Around Stretch 1.30pm-1.50pm Compete 1.50pm-4.50pm Prizegiving 5:30pm	MAG Level 7 Team & All Around Stretch 4.30pm-4.50pm Apparatus Warm up 4.50-5.50pm Compete 5.50pm-8.30pm Prizegiving 9:00pm
	WAG STEP 6 Team & Apparatus Round 1 Stretch 7.30am-7.50am Compete 8.00am-10.30am Prizegiving 2:45pm	WAG STEP 6 Team & Apparatus Round 2 Stretch 10.30am-10.50am Compete 11.00am-1.30pm Prizegiving 2:45pm	WAG STEP 7 Team & All Around Round 1 Stretch 1.30pm-1.50pm Compete 1.50pm-4.50pm Prizegiving 9:15pm	WAG STEP 7 Team & All Around Round 2 Stretch 5.20pm-5.40pm Compete 5.50pm-8.30pm Prizegiving 9:15pm

	Session 9	Session 10	Session 11	Session 12
Thursday 1 October		MAG Forum 11.30am-12.30pm	*Hero Session* MAG Senior International Team & All Around Stretch 1.10pm-1.30pm Apparatus Warm up 1.30pm-2.30pm Compete 2.30pm-5.00pm Prizegiving 5:50pm	*Hero Session* MAG Level 8 Team & All Around MAG Level 9 All Around Stretch 4.40pm-5.00pm Apparatus Warm up 5.00-6.00pm Compete 6.00pm-8.00pm Prizegiving 8:45pm
	WAG STEP 5 All Around Final Stretch 8.00am-8.20am Compete 8.30am-10.30am Prizegiving 11:30am	WAG STEP 8 Apparatus Finals Stretch 10.30am-10.50am Compete 11.00am-1.30pm Prizegiving 2:30pm	*Hero Session* WAG STEP 10 Team & All Around, Youth, Jnr, Snr International Team & All Around Stretch 1.10pm-1.30pm Apparatus Warm up 1.30pm-2.30pm Compete 2.30pm-5.00pm Prizegiving 6:10pm	*Hero Session* WAG STEP 9 Team & All Around Stretch 4.40pm-5.00pm Apparatus Warm up 5.00pm-6.00pm Compete 6.00pm- 8.00pm Prizegiving 8:45pm
	Session 13	Session 14	Session 15	Session 16
Friday 2 October	MAG Level 5 & 6 All Around Finals Stretch 8.30am-8.50am Compete 9.00am-11.30am Prizegiving 12:45pm Coaches' medals presentation on the competition floor 11:30am	MAG Level 7 Apparatus Final Stretch 12.00am-12.20am Compete 12.30pm-3.30pm Prizegiving 4:40pm	MAG Level 4 All Around Final Stretch 3.25pm - 3.45pm Compete 3.45-5.45pm Prizegiving 6:30pm + All Overall Junior Trophies for MAG	
	STEP 6 All Around Final Stretch 8.30am-8.50am Compete 9.00am-11.30am Prizegiving 12:15pm + All Overall Junior Trophies for WAG Coaches' medals presentation on the competition floor 11:30am	STEP 7 Apparatus Finals Stretch 12.00pm - 12.20pm Compete 12.30pm-3.30pm Prizegiving 4:20pm	WAG Forum 4.30-5.30pm	

	Session 17	Session 18	Session 19	
Saturday 3 October	MAG Level 8 and 9 Apparatus Finals Stretch 8.30am-8.50am Apparatus Warm up 8.50-9.50am Compete 10.00am-12.30pm Prizegiving 1:20pm Coaches' medals presentation on the competition floor 12:30pm		*Hero Session* MAG U18 & Senior Open Apparatus Finals Stretch 12.10pm-12.30pm Apparatus Warm up 12.30pm-1.30pm Compete 1.30pm-4.00pm Prizegiving 4:40pm + Overall Senior Trophies for MAG	
	WAG STEP 9, 10 Apparatus Finals Stretch 8.30-8.50am Apparatus Warm up 8.50-9.50am Compete 10.00am-12.30pm Prizegiving 1:20pm Coaches' medals presentation on the competition floor 12.30pm		*Hero Session* WAG Youth, Jnr & Snr International Apparatus Finals Stretch 12.10pm-12.30pm Apparatus Warm up 12.30-1.30pm Compete 1.30pm-4.00pm Prizegiving 4:40pm Overall Senior Trophies for WAG	