

2026 XP GYMNASTICS NATIONALS
Rhythmic Gymnastics Timetable Draft V5 September

Mon 28 Sep	Training	Training	Training	Training	Training
	Session 1	Session 2	Session 3	Session 4	Session 5
Tue 29 Sep	Grade 3N Groups 2 showings 7.00am stretch 8.30am – 9.20am	Grade 4 Groups 2 showings 8.40am stretch 10.10am – 11.10am	Grade 3P & 5 Groups 2 showings 10.40am stretch 12.10pm – 1.15pm	Opening Ceremony 2.00pm	Level 10 & International Training
	Session 6	Session 7	Session 8	Session 9	Session 10
Wed 30 Sep	Level 5 National - Group One 3 apparatus 7.00am stretch 8.30am – 9.55am	Level 5 National - Group Two 3 apparatus 8.55am stretch 10.25am – 11.45am	Level 6 National 3 apparatus 11.05am stretch 12.35pm – 2.30pm	Level 7 National 3 apparatus 1.40pm stretch 3.10pm – 5.05pm	AER Training
	Session 11	Session 12	Session 13	Session 14	Session 15
Thu 1 Oct	Level 5-8 Performance 2 apparatus 7.00am stretch 8.30am – 10.05am	Level 8 National 2 apparatus 9.15am stretch 10.45am – 12.45pm	Level 9 National 2 apparatus 12.05pm stretch 1.35pm – 3.10pm	*Hero Session* Level 10 National 2 apparatus 2.20pm stretch 3.50pm – 5.35pm	*Hero Session* Junior & Senior Int 2 apparatus 4.45pm stretch 6.15pm – 8.25pm
	Session 16	Session 17	Session 18	Session 19	Session 20
Fri 2 Oct	Level 5-8 Performance 2 apparatus 7.00am stretch 8.30am – 11.00am	Level 8 National 2 apparatus 10.10am stretch 11.40am – 1.40pm	Level 9 National 2 apparatus 1pm stretch 2.30pm – 4.10pm	Level 10 National 2 apparatus 3.20pm stretch 4.50pm – 6.25pm	Junior & Senior International 2 apparatus 5.35pm stretch 7.05pm – 9.00pm
	Session 21	Session 22	Session 23		
Sat 3 oct	Level 10 Final 4 apparatus 7.30am stretch 9.00am – 10.35am	Junior International Final 4 apparatus 9.45am stretch 11.15am – 1.00pm	*Hero Session* Senior Final 4 apparatus 12.20pm stretch 1.50pm – 3.20pm		