

2026 XP Gymnastics Nationals Rhythmic Gymnastics Timetable FINAL

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 Prizegiving 11:20am RG Judges Meeting 7.30am	Grade 4N Groups 2 showings 8.40am Stretch 10.10am – 11.10am Prizegiving 12:00pm	Grade 3P & 5 Groups 2 showings 10.40am Stretch 12.10pm – 1.15pm Prizegiving 3:00pm	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 Prizegiving 12:45pm	Level 5 National - Group Two 3 Apparatus 8.55am Stretch 10.25am – 11.45am Prizegiving 12:45pm	Level 6 National 3 Apparatus 11.05am Stretch 12.35pm – 2.30pm Prizegiving 3:30pm	Level 7 National 3 Apparatus 1.40pm Stretch 3.10pm – 5.05pm Prizegiving 5:30pm	AER Training RG Forum 5.30pm
	Session 11	Session 12	Session 13	Session 14	Session 15
Thu 1 Oct	Level 5,6,7 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 5,6,7 Performance 2 Apparatus 7.00am Stretch 8.30am – 11.00am Prizegiving 12:00pm	Level 8 National 2 Apparatus 10.10am Stretch 11.40am – 1.40pm Prizegiving 2:40pm	Level 9 National 2 Apparatus 1.00pm Stretch 2.30pm – 4.10pm Prizegiving 5:10pm	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 Prizegiving 11:30am Coaches' medals presentation on the Aerobics floor 10:35am	Junior International Final 4 Apparatus 9.45am Stretch 11.15am – 1.00pm Prizegiving 1:45pm	*Hero Session* Senior Final 4 Apparatus 12.20pm Stretch 1.50pm –3.20pm Prizegiving 3:50pm		