

UGC LONDON (@Salto Gymnastics Club) TIMETABLE

REGISTRATION | 1:00PM

COACH/CLUB CAPTAIN Meeting | 1:15pm

OFFICIALS Meeting | 1:30pm

General Warm-Up On FX (13:15-13:25)
Apparatus Warm-Up (13:25-14:00)

FX PANEL	VT PANEL	BB PANEL	UB PANEL	PB PANEL	SR PANEL	HB PANEL	PH PANEL
MAG FIG & MA1 Warm-up 14:00-14:05 Compete 14:05-14:20	WA1 Warm-up 14:00-14:05 Compete 14:05-14:20	WAG FIG & WA+ Warm-up 14:00-14:05 Compete 14:05-14:20			MA2 Warm-up 14:00-14:05 Compete 14:05-14:20		
WAG FIG & WA+ Warm-up 14:25-14:30 Compete 14:30-14:50	MA2 Warm-up 14:25-14:30 Compete 14:30-14:50		WA1 Warm-up 14:25-14:30 Compete 14:30-14:50				MAG FIG & MA1 Warm-up 14:25-14:30 Compete 14:30-14:50
MA2 Warm-up 14:50-14:55 Compete 14:55-15:15	WAG FIG & WA+ Warm-up 14:50-14:55 Compete 14:55-15:15	WA1 Warm-up 14:50-14:55 Compete 14:55-15:15			MAG FIG & MA1 Warm-up 14:50-14:55 Compete 14:55-15:15		
WA1 Warm-up 15:15-15:20 Compete 15:20-15:40	MAG FIG & MA1 Warm-up 15:15-15:20 Compete 15:20-15:40		WAG FIG & WA+ Warm-up 15:15-15:20 Compete 15:20-15:40	MA2 Warm-up 15:15-15:20 Compete 15:20-15:40			

Apparatus Warm-Up (15:40-16:15)

FX PANEL	VT PANEL	BB PANEL	UB PANEL	MAG FIG & MA1
WA2 Warm-up 16:15-16:20 Compete 16:20-16:40	WA4 Warm-up 16:15-16:20 Compete 16:20-16:40		WA3 Warm-up 16:15-16:20 Compete 16:20-16:40	MAG FIG & MA1 Warm-up 16:05-16:10 Compete 16:10-16:30
WA3 Warm-up 16:40-16:45 Compete 16:45-17:05	WA2 Warm-up 16:40-16:45 Compete 16:45-17:05		WA4 Warm-up 16:40-16:45 Compete 16:45-17:05	
WA4 Warm-up 17:05-17:10 Compete 17:10-17:30	WA3 Warm-up 17:05-17:10 Compete 17:10-17:30	WA2 Warm-up 17:05-17:10 Compete 17:10-17:30		

Apparatus Warm-Up (17:30-17:50)

FX PANEL A	FX PANEL B	VT PANEL A	VT PANEL B	BB PANEL	UB PANEL	PB PANEL	SR PANEL
WI1 Warm-up 17:50-17:55 Compete 17:55-18:15	MI1 Warm-up 17:50-17:55 Compete 17:55-18:15	WI3 Warm-up 17:50-17:55 Compete 17:55-18:15	MI2 Warm-up 17:50-17:55 Compete 17:55-18:15	WI2 Warm-up 17:50-17:55 Compete 17:55-18:15			
WI2 Warm-up 18:15-18:20 Compete 18:20-18:40	MI2 Warm-up 18:15-18:20 Compete 18:20-18:40	WI1 Warm-up 18:15-18:20 Compete 18:20-18:40		WI3 Warm-up 18:15-18:20 Compete 18:20-18:40			MI1 Warm-up 18:15-18:20 Compete 18:20-18:40
WI3 Warm-up 18:40-18:45 Compete 18:45-19:05		WI2 Warm-up 18:40-18:45 Compete 18:45-19:05	MI1 Warm-up 18:40-18:45 Compete 18:45-19:05		WI1 Warm-up 18:40-18:45 Compete 18:45-19:05	MI2 Warm-up 18:40-18:45 Compete 18:45-19:05	

Apparatus Warm-Up (19:05-19:20)

FX PANEL A		FX PANEL B		VT PANEL A		VT PANEL B	
WN2				WN1		MN1	
Warm-up	19:20-19:25			Warm-up	19:20-19:25	Warm-up	19:20-19:25
Compete	19:25-19:40			Compete	19:25-19:40	Compete	19:25-19:40
WN1		MN1		WN2			
Warm-up	19:40-19:45	Warm-up	19:40-19:45	Warm-up	19:40-19:45		
Compete	19:45-20:00	Compete	19:45-20:00	Compete	19:45-20:00		

MEDALS (20:00-21:00)