



**Time table TeamGym 2010 – Training – Juniors**  
**Wednesday 20<sup>th</sup>, October**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in both halls

**Updated: October 3, 2010**

**Scheduled voluntary training Men's and Mixed Junior teams**

**Training Hall**

Time	Floor	Tumbling	Trampet
13.00		DEN – Junior mix	DEN – Junior Men
13.10	NOR – Junior Men	ESP – Junior Men	
13.20	GBR – Junior Mix	EST – Junior Men	
13.30	NOR – Junior Mix		SWE – Junior Mix
13.40	DEN – Junior Men		DEN – Junior Mix
13.50		NOR – Junior Men	ESP – Junior Men
14.00		GBR – Junior Mix	EST – Junior Men
14.10	SWE – Junior Mix	NOR – Junior Mix	
14.20	DEN – Junior Mix	DEN – Junior Men	
14.30	ESP – Junior Men		NOR – Junior Men
14.40	EST – Junior Men		GBR – Junior Mix
14.50		SWE – Junior Mix	NOR – Junior Mix

**Competition Hall**

Time	Floor	Tumbling	Trampet
13.20		DEN – Junior mix	DEN – Junior Men
13.30	NOR – Junior Men	ESP – Junior Men	
13.40	GBR – Junior Mix	EST – Junior Men	
13.50	NOR – Junior Mix		SWE – Junior Mix
14.00	DEN – Junior Men		DEN – Junior Mix
14.10		NOR – Junior Men	ESP – Junior Men
14.20		GBR – Junior Mix	EST – Junior Men
14.30	SWE – Junior Mix	NOR – Junior Mix	
14.40	DEN – Junior Mix	DEN – Junior Men	
14.50	ESP – Junior Men		NOR – Junior Men
15.00	EST – Junior Men		GBR – Junior Mix
15.10		SWE – Junior Mix	NOR – Junior Mix



**Time table TeamGym 2010 – Training – Juniors**  
**Wednesday 20<sup>th</sup>, October**

**Women's teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in both halls

**Training Hall**

Time	Floor	Tumbling	Trampet
15.35	21 SWE	22 NOR	23 GBR
15.45	24 FIN	25 ISL	26 CZE
15.55	27 DEN		
16.05	23 GBR	21 SWE	22 NOR
16.15	26 CZE	24 FIN	25 ISL
16.25		27 DEN	
16.35	22 NOR	23 GBR	21 SWE
16.45	25 ISL	26 CZE	24 FIN
16.55			27 DEN

**Competition Hall**

Time	Floor	Tumbling	Trampet
15.50	21 SWE	22 NOR	23 GBR
16.00	24 FIN	25 ISL	26 CZE
16.10	27 DEN		
16.20	23 GBR	21 SWE	22 NOR
16.30	26 CZE	24 FIN	25 ISL
16.40		27 DEN	
16.50	22 NOR	23 GBR	21 SWE
17.00	25 ISL	26 CZE	24 FIN
17.10			27 DEN



**Time table TeamGym 2010 – Training – Seniors**  
**Thursday 21<sup>st</sup>, October**

**Mixed Teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in both halls

**Training Hall**

Time	Floor	Tumbling	Trampet
09.00	31 FRA	32 EST	33 SWE_team1
09.10	34 SWE_team2	35 CZE_team1	36 DEN
09.20	37 NOR_team2	38 NOR_team1	39 CZE_team2
09.30	40 GBR		
09.40		31 FRA	32 EST
09.50	33 SWE_team1	34 SWE_team2	35 CZE_team1
10.00	36 DEN	37 NOR_team2	38 NOR_team1
10.10	39 CZE_team2	40 GBR	
10.20			31 FRA
10.30	32 EST	33 SWE_team1	34 SWE_team2
10.40	35 CZE_team1	36 DEN	37 NOR_team2
10.50	38 NOR_team1	39 CZE_team2	40 GBR

**Competition Hall**

Time	Floor	Tumbling	Trampet
09.20	31 FRA	32 EST	33 SWE_team1
09.30	34 SWE_team2	35 CZE_team1	36 DEN
09.40	37 NOR_team2	38 NOR_team1	39 CZE_team2
09.50	40 GBR		
10.00		31 FRA	32 EST
10.10	33 SWE_team1	34 SWE_team2	35 CZE_team1
10.20	36 DEN	37 NOR_team2	38 NOR_team1
10.30	39 CZE_team2	40 GBR	
10.40			31 FRA
10.50	32 EST	33 SWE_team1	34 SWE_team2
11.00	35 CZE_team1	36 DEN	37 NOR_team2
11.10	38 NOR_team1	39 CZE_team2	40 GBR



**Time table TeamGym 2010 – Training – Seniors**  
**Thursday 21<sup>st</sup>, October**

**Women's Teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in both halls

**Training Hall**

Time	Floor	Tumbling	Trampet
11.15	71 AUS_team2	72 FIN_team1	73 FIN_team2
11.25	74 FRA	75 GER_team1	76 ISL_team1
11.35	77 NOR_team2	78 CZE_team1	79 SWE_team1
11.45	80 GER_team2	81 SWE_team2	82 DEN
11.55	83 AUS_team1	84 GBR_team1	85 GBR_team2
12.05	86 NOR_team1	87 ISL_team2	88 CZE_team2
12.15		71 AUS_team2	72 FIN_team1
12.25	73 FIN_team2	74 FRA	75 GER_team1
12.35	76 ISL_team1	77 NOR_team2	78 CZE_team1
12.45	79 SWE_team1	80 GER_team2	81 SWE_team2
12.55	82 DEN	83 AUS_team1	84 GBR_team1
13.05	85 GBR_team2	86 NOR_team1	87 ISL_team2
13.15	88 CZE_team2		71 AUS_team2
13.25	72 FIN_team1	73 FIN_team2	74 FRA
13.35	75 GER_team1	76 ISL_team1	77 NOR_team2
13.45	78 CZE_team1	79 SWE_team1	80 GER_team2
13.55	81 SWE_team2	82 DEN	83 AUS_team1
14.05	84 GBR_team1	85 GBR_team2	86 NOR_team1
14.15	87 ISL_team2	88 CZE_team2	

**Competition Hall**

Time	Floor	Tumbling	Trampet
11.35	71 AUS_team2	72 FIN_team1	73 FIN_team2
11.45	74 FRA	75 GER_team1	76 ISL_team1
11.55	77 NOR_team2	78 CZE_team1	79 SWE_team1
12.05	80 GER_team2	81 SWE_team2	82 DEN
12.15	83 AUS_team1	84 GBR_team1	85 GBR_team2
12.25	86 NOR_team1	87 ISL_team2	88 CZE_team2
12.35		71 AUS_team2	72 FIN_team1
12.45	73 FIN_team2	74 FRA	75 GER_team1
12.55	76 ISL_team1	77 NOR_team2	78 CZE_team1
13.05	79 SWE_team1	80 GER_team2	81 SWE_team2
13.15	82 DEN	83 AUS_team1	84 GBR_team1
13.25	85 GBR_team2	86 NOR_team1	87 ISL_team2
13.35	88 CZE_team2		71 AUS_team2
13.45	72 FIN_team1	73 FIN_team2	74 FRA
13.55	75 GER_team1	76 ISL_team1	77 NOR_team2
14.05	78 CZE_team1	79 SWE_team1	80 GER_team2
14.15	81 SWE_team2	82 DEN	83 AUS_team1
14.25	84 GBR_team1	85 GBR_team2	86 NOR_team1
14.35	87 ISL_team2	88 CZE_team2	



**Time table TeamGym 2010 – Training – Seniors**  
**Thursday 21<sup>st</sup>, October**

**Men's Teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in both halls

Revised; October 3, 2010

**Training Hall**

Time	Floor	Tumbling	Trampet
15.00	51 FRA	52 DEN	53 SWE_team2
15.10	54 SWE_team1	55 GER_team2	56 CZE
15.20	57 ISL	58 POR_team1	59 NOR_team2
15.30	60 POR_team2	61 GBR	62 NOR_team1
15.40	63 GER_team1		
15.50		51 FRA	52 DEN
16.00	53 SWE_team2	54 SWE_team1	55 GER_team2
16.10	56 CZE	57 ISL	58 POR_team1
16.20	59 NOR_team2	60 POR_team2	61 GBR
16.30	62 NOR_team1	63 GER_team1	
16.40			51 FRA
16.50	52 DEN	53 SWE_team2	54 SWE_team1
17.00	55 GER_team2	56 CZE	57 ISL
17.10	58 POR_team1	59 NOR_team2	60 POR_team2
17.20	61 GBR	62 NOR_team1	63 GER_team1

**Competition Hall**

Time	Floor	Tumbling	Trampet
15.20	51 FRA	52 DEN	53 SWE_team2
15.30	54 SWE_team1	55 GER_team2	56 CZE
15.40	57 ISL	58 POR_team1	59 NOR_team2
15.50	60 POR_team2	61 GBR	62 NOR_team1
16.00	63 GER_team1		
16.10		51 FRA	52 DEN
16.20	53 SWE_team2	54 SWE_team1	55 GER_team2
16.30	56 CZE	57 ISL	58 POR_team1
16.40	59 NOR_team2	60 POR_team2	61 GBR
16.50	62 NOR_team1	63 GER_team1	
17.00			51 FRA
17.10	52 DEN	53 SWE_team2	54 SWE_team1
17.20	55 GER_team2	56 CZE	57 ISL
17.30	58 POR_team1	59 NOR_team2	60 POR_team2
17.40	61 GBR	62 NOR_team1	63 GER_team1



**Time table TeamGym 2010 – Qualifications – Juniors**  
**Thursday 21<sup>st</sup>, October**

**Women´s teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
18.43	21 SWE	18.47	22 NOR	18.50	23 GBR
18.53	24 FIN	18.57	25 ISL	19.00	26 CZE
19.03	27 DEN	19.07	21 SWE	19.10	22 NOR
19.13	23 GBR	19.17	24 FIN	19.20	25 ISL
19.23	26 CZE	19.27	27 DEN	19.30	21 SWE
19.33	22 NOR	19.37	23 GBR	19.40	24 FIN
19.43	25 ISL	19.47	26 CZE	19.50	27 DEN

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
19.00	21 SWE	19.04	22 NOR	19.07	23 GBR
19.10	24 FIN	19.14	25 ISL	19.17	26 CZE
19.20	27 DEN	19.24	21 SWE	19.27	22 NOR
19.30	23 GBR	19.34	24 FIN	19.37	25 ISL
19.40	26 CZE	19.44	27 DEN	19.47	21 SWE
19.50	22 NOR	19.54	23 GBR	19.57	24 FIN
20.00	25 ISL	20.04	26 CZE	20.07	27 DEN



**Time table TeamGym 2010 – Training – Juniors**  
**Friday 22<sup>nd</sup>, October**

**Mixed and Men's Teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in the competition hall

**Training Hall**

Time	Floor	Tumbling	Trampet
07.25		1 SWE	
07.35	11 EST	2 DEN	
07.45	12 NOR	3 GBR	
07.55	13 ESP	4 NOR	1 SWE
08.05	14 DEN	11 EST	2 DEN
08.15	15 SWE	12 NOR	3 GBR
08.25	1 SWE	13 ESP	4 NOR
08.35	2 DEN	14 DEN	11 EST
08.45	3 GBR	15 SWE	12 NOR
08.55	4 NOR		13 ESP
09.05			14 DEN
09.15			15 SWE

**Competition Hall**

Time	Floor	Tumbling	Trampet
07.40		1 SWE	
07.50	11 EST	2 DEN	
08.00	12 NOR	3 GBR	
08.10	13 ESP	4 NOR	1 SWE
08.20	14 DEN	11 EST	2 DEN
08.30	15 SWE	12 NOR	3 GBR
08.40	1 SWE	13 ESP	4 NOR
08.50	2 DEN	14 DEN	11 EST
09.00	3 GBR	15 SWE	12 NOR
09.10	4 NOR		13 ESP
09.20			14 DEN
09.30			15 SWE

Team number 1 – 4 are Mixed Junior Teams and 11 – 15 are Men's Junior Teams



**Time table TeamGym 2010 – Qualifications – Seniors**  
**Friday 22<sup>nd</sup>, October**

**Mixed teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
09.43	31 FRA	09.47	32 EST	09.50	33 SWE_team1
09.53	34 SWE_team2	09.57	35 CZE_team1	10.00	36 DEN
10.03	37 NOR_team2	10.07	38 NOR_team2	10.10	39 CZE_team2
10.13	40 GBR	10.17	31 FRA	10.20	32 EST
10.23	33 SWE_team1	10.27	34 SWE_team2	10.30	35 CZE_team1
10.33	36 DEN	10.37	37 NOR_team2	10.40	38 NOR_team2
10.43	39 CZE_team2	10.47	40 GBR	10.50	31 FRA
10.53	32 EST	10.57	33 SWE_team1	11.00	34 SWE_team2
11.03	35 CZE_team1	11.07	36 DEN	11.10	37 NOR_team2
11.13	38 NOR_team2	11.17	39 CZE_team2	11.20	40 GBR

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
10.00	31 FRA	10.04	32 EST	10.07	33 SWE_team1
10.10	34 SWE_team2	10.14	35 CZE_team1	10.17	36 DEN
10.20	37 NOR_team2	10.24	38 NOR_team2	10.27	39 CZE_team2
10.30	40 GBR	10.34	31 FRA	10.37	32 EST
10.40	33 SWE_team1	10.44	34 SWE_team2	10.47	35 CZE_team1
10.50	36 DEN	10.54	37 NOR_team2	10.57	38 NOR_team2
11.00	39 CZE_team2	11.04	40 GBR	11.07	31 FRA
11.10	32 EST	11.14	33 SWE_team1	11.17	34 SWE_team2
11.20	35 CZE_team1	11.24	36 DEN	11.27	37 NOR_team2
11.30	38 NOR_team2	11.34	39 CZE_team2	11.37	40 GBR



**Time table TeamGym 2010 – Qualifications – Seniors**  
**Friday 22<sup>nd</sup>, October**

**Women's teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
12.43	71 AUT_team2	12.47	72 FIN_team1	12.50	73 FIN_team2
12.53	74 FRA	12.57	75 GER_team1	13.00	76 ISL_team1
13.03	77 NOR_team2	13.07	78 CZE_team1	13.10	79 SWE_team1
13.13	80 GER_team2	13.17	81 SWE_team2	13.20	82 DEN
13.23	83 AUT_team1	13.27	84 GBR_team1	13.30	85 GBR_team2
13.33	86 NOR_team1	13.37	87 ISL_team2	13.40	88 CZE_team2
		13.43	71 AUT_team2	13.47	72 FIN_team1
13.50	73 FIN_team2	13.54	74 FRA	13.58	75 GER_team1
14.01	76 ISL_team1	14.05	77 NOR_team2	14.08	78 CZE_team1
14.11	79 SWE_team1	14.15	80 GER_team2	14.18	81 SWE_team2
14.21	82 DEN	14.25	83 AUT_team1	14.28	84 GBR_team1
14.31	85 GBR_team2	14.35	86 NOR_team1	14.38	87 ISL_team2
14.41	88 CZE_team2			14.45	71 AUT_team2
14.48	72 FIN_team1	14.52	73 FIN_team2	14.55	74 FRA
14.58	75 GER_team1	15.02	76 ISL_team1	15.05	77 NOR_team2
15.08	78 CZE_team1	15.12	79 SWE_team1	15.15	80 GER_team2
15.18	81 SWE_team2	15.22	82 DEN	15.25	83 AUT_team1
15.28	84 GBR_team1	15.32	85 GBR_team2	15.35	86 NOR_team1
15.38	87 ISL_team2	15.42	88 CZE_team2		

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
13.00	71 AUT_team2	13.04	72 FIN_team1	13.07	73 FIN_team2
13.10	74 FRA	13.14	75 GER_team1	13.17	76 ISL_team1
13.20	77 NOR_team2	13.24	78 CZE_team1	13.27	79 SWE_team1
13.30	80 GER_team2	13.34	81 SWE_team2	13.37	82 DEN
13.40	83 AUT_team1	13.44	84 GBR_team1	13.47	85 GBR_team2
13.50	86 NOR_team1	13.54	87 ISL_team2	13.57	88 CZE_team2
		14.00	71 AUT_team2	14.03	72 FIN_team1
14.06	73 FIN_team2	14.10	74 FRA	14.13	75 GER_team1
14.16	76 ISL_team1	14.20	77 NOR_team2	14.23	78 CZE_team1
14.26	79 SWE_team1	14.30	80 GER_team2	14.33	81 SWE_team2
14.36	82 DEN	14.40	83 AUT_team1	14.43	84 GBR_team1
14.46	85 GBR_team2	14.50	86 NOR_team1	14.53	87 ISL_team2
14.56	88 CZE_team2			15.00	71 AUT_team2
15.03	72 FIN_team1	15.07	73 FIN_team2	15.10	74 FRA
15.13	75 GER_team1	15.17	76 ISL_team1	15.20	77 NOR_team2
15.23	78 CZE_team1	15.27	79 SWE_team1	15.30	80 GER_team2
15.33	81 SWE_team2	15.37	82 DEN	15.40	83 AUT_team1
15.43	84 GBR_team1	15.47	85 GBR_team2	15.50	86 NOR_team1
15.53	87 ISL_team2	15.57	88 CZE_team2		



**Time table TeamGym 2010 – Qualifications – Seniors**  
**Friday 22<sup>nd</sup>, October**

**Men's teams**

General warm-up starts 30 minutes before the training. Each team has 10 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
17.43	51 FRA	17.47	52 DEN	17.50	53 SWE_team2
17.53	54 SWE_team1	17.57	55 GER_team2	18.00	56 CZE
18.03	57 ISL	18.07	58 POR_team1	18.10	59 NOR_team2
18.13	60 POR_team2	18.17	61 GBR	18.20	62 NOR_team1
18.23	63 GER_team1	18.27	51 FRA	18.30	52 DEN
18.33	53 SWE_team2	18.37	54 SWE_team1	18.40	55 GER_team2
18.43	56 CZE	18.47	57 ISL	18.50	58 POR_team1
18.53	59 NOR_team2	18.57	60 POR_team2	19.00	61 GBR
19.03	62 NOR_team1	19.07	63 GER_team1	19.10	51 FRA
19.13	52 DEN	19.17	53 SWE_team2	19.20	54 SWE_team1
19.23	55 GER_team2	19.27	56 CZE	19.30	57 ISL
19.33	58 POR_team1	19.37	59 NOR_team2	19.40	60 POR_team2
19.43	61 GBR	19.47	62 NOR_team1	19.50	63 GER_team1

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
18.00	51 FRA	18.04	52 DEN	18.07	53 SWE_team2
18.10	54 SWE_team1	18.14	55 GER_team2	18.17	56 CZE
18.20	57 ISL	18.24	58 POR_team1	18.27	59 NOR_team2
18.30	60 POR_team2	18.34	61 GBR	18.37	62 NOR_team1
18.40	63 GER_team1	18.44	51 FRA	18.47	52 DEN
18.50	53 SWE_team2	18.54	54 SWE_team1	18.57	55 GER_team2
19.00	56 CZE	19.04	57 ISL	19.07	58 POR_team1
19.10	59 NOR_team2	19.14	60 POR_team2	19.17	61 GBR
19.20	62 NOR_team1	19.24	63 GER_team1	19.27	51 FRA
19.30	52 DEN	19.34	53 SWE_team2	19.37	54 SWE_team1
19.40	55 GER_team2	19.44	56 CZE	19.47	57 ISL
19.50	58 POR_team1	19.54	59 NOR_team2	19.57	60 POR_team2
20.00	61 GBR	20.04	62 NOR_team1	20.07	63 GER_team1



**Time table TeamGym 2010 – The Finals – Juniors**  
**Saturday 23<sup>rd</sup>, October**

**Mixed and Men's teams**

General warm-up starts 30 minutes before the training. Each team has 7 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
		08.50	1 SWE		
08.53	11 EST	08.57	2 DEN		
09.00	12 NOR	09.04	3 GBR		
09.07	13 ESP	09.11	4 NOR	09.14	1 SWE
09.17	14 DEN	09.21	11 EST	09.24	2 DEN
09.27	15 SWE	09.31	12 NOR	09.34	3 GBR
09.37	1 SWE	09.41	13 ESP	09.44	4 NOR
09.47	2 DEN	09.51	14 DEN	09.54	11 EST
09.57	3 GBR	10.01	15 SWE	10.04	12 NOR
10.07	4 NOR			10.11	13 ESP
				10.15	14 DEN
				10.20	15 SWE

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
		09.00	1 SWE		
09.03	11 EST	09.07	2 DEN		
09.10	12 NOR	09.14	3 GBR		
09.17	13 ESP	09.21	4 NOR	09.24	1 SWE
09.27	14 DEN	09.31	11 EST	09.34	2 DEN
09.37	15 SWE	09.41	12 NOR	09.44	3 GBR
09.47	1 SWE	09.51	13 ESP	09.54	4 NOR
09.57	2 DEN	10.01	14 DEN	10.04	11 EST
10.07	3 GBR	10.11	15 SWE	10.14	12 NOR
10.17	4 NOR			10.21	13 ESP
				10.25	14 DEN
				10.30	15 SWE

Team number 1 – 4 are Mixed Junior Teams and 11 – 15 are Men's Junior Teams



**Time table TeamGym 2010 – The Finals – Juniors**  
**Saturday 23<sup>rd</sup>, October**

**Women's teams**

General warm-up starts 30 minutes before the training. Each team has 7 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
10.50	1	10.54	2	10.57	3
11.00	4	11.04	5	11.07	6
		11.10	1	11.13	2
11.16	3	11.20	4	11.23	5
11.26	6			11.30	1
11.33	2	11.37	3	11.40	4
11.43	5	11.47	6		

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
11.00	1	11.04	2	11.07	3
11.10	4	11.14	5	11.17	6
		11.20	1	11.23	2
11.26	3	11.30	4	11.33	5
11.36	6			11.40	1
11.43	2	11.47	3	11.50	4
11.53	5	11.57	6		



**Time table TeamGym 2010 – The Finals – Seniors**  
**Saturday 23<sup>rd</sup>, October**

**Mixed teams**

General warm-up starts 30 minutes before the training.  
Each team has 7 minutes for training on each discipline in the training hall.

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
13.20	1	13.24	2	13.27	3
13.30	4	13.34	5	13.37	6
		13.40	1	13.43	2
13.46	3	13.50	4	13.53	5
13.56	6			14.00	1
14.03	2	14.07	3	14.10	4
14.13	5	14.17	6		

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
13.30	1	13.34	2	13.37	3
13.40	4	13.44	5	13.47	6
		13.50	1	14.53	2
13.56	3	14.00	4	14.03	5
14.06	6			14.10	1
14.13	2	14.17	3	14.20	4
14.23	5	14.27	6		



**Time table TeamGym 2010 – The Finals – Seniors**  
**Saturday 23<sup>rd</sup>, October**

**Women´s teams**

General warm-up starts 30 minutes before the training. Each team has 7 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
14.50	1	14.54	2	14.57	3
15.00	4	15.04	5	15.07	6
		15.10	1	15.13	2
15.16	3	15.20	4	15.23	5
15.26	6			15.30	1
15.33	2	15.37	3	15.40	4
15.43	5	15.47	6		

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
15.00	1	15.04	2	15.07	3
15.10	4	15.14	5	15.17	6
		15.20	1	15.23	2
15.26	3	15.30	4	15.33	5
15.36	6			15.40	1
15.43	2	15.47	3	15.50	4
15.53	5	15.57	6		



**Time table TeamGym 2010 – The Finals – Seniors**  
**Saturday 23<sup>rd</sup>, October**

**Men's teams**

General warm-up starts 30 minutes before the training. Each team has 7 minutes for training on each discipline in the training hall

**Training Hall**

Time	Floor	Time	Tumbling	Time	Trampet
16.50	1	16.54	2	16.57	3
17.00	4	17.04	5	17.07	6
		17.10	1	17.13	2
17.16	3	17.20	4	17.23	5
17.26	6			17.30	1
17.33	2	17.37	3	17.40	4
17.43	5	17.47	6		

**Competition Hall**

Time	Floor	Time	Tumbling	Time	Trampet
17.00	1	17.04	2	17.07	3
17.10	4	17.14	5	17.17	6
		17.20	1	17.23	2
17.26	3	17.30	4	17.33	5
17.36	6			17.40	1
17.43	2	17.47	3	17.50	4
17.53	5	17.57	6		