

2017 Australian Gymnastics Championships

Week 1 - Podium Training

Monday 22 May			
Time	MAG	WAG	Notes
7:30am - 10:00am	Level 9 O&U (6 Groups)	National Level 10 (6 Groups)	7:30 - 7:50 - General Warm Up 7:50 - 8:10 - Apparatus 1 8:10 - 8:30 - Apparatus 2 8:30 - 8:50 - Apparatus 3 8:50 - 9:10 - Apparatus 4 9:10 - 9:30 - Apparatus 5 9:30 - 9:50 - Apparatus 6
10:00am - 1:00pm	Senior International & Level 10 (6 Groups)	Senior International, Junior 14 & 15 (6 Groups)	10:00 - 10:20 - General Warm up 10:20 - 10:45 - Apparatus 1 10:45 - 11:10 - Apparatus 2 11:10 - 11:35 - Apparatus 3 11:35 - 12:00 - Apparatus 4 12:00 - 12:25 - Apparatus 5 12:25 - 12:50 - Apparatus 6

Tuesday 23 May			
Time	MAG	WAG	Notes
7:30am - 9:30am	N/A	Junior International 13 (4 Groups)	7:30 - 7:50 - General Warm Up 7:50 - 8:20 - Apparatus 1 8:20 - 8:40 - Apparatus 2 8:40 - 9:10 - Apparatus 3 9:10 - 9:30 - Apparatus 4
9:30am - 12:00pm	Senior International & Level 10 (6 Groups)	Senior International, Junior 14 & 15 (6 Groups)	9:30 - 9:50 - General Warm Up 9:50 - 10:10 - Apparatus 1 10:10 - 10:30 - Apparatus 2 10:30 - 10:50 - Apparatus 3 10:50 - 11:10 - Apparatus 4 11:10 - 11:30 - Apparatus 5 11:30 - 11:50 - Apparatus 6