

WOMEN'S SET/FIG COMPETITION ROTATIONS					
Junior division	ISLE OF MAN (6)	ÅLAND (2), GUERSNEY (6)	FAROEES (1), GOTLAND (6)	JERSEY (3), SHETLAND (5)	YNYS MÔN (6)
8.30-9.00	GENERAL WARM UP				
9.00-10.00	Apparatus WU, 12 min each event				
	UB, BB, FX, R, VT	BB, FX, R, VT, UB	FX, R, VT, UB, BB	R, VT, UB, BB, FX	VT, UB, BB, FX, R
Apparatus 1	VT	UB	BB	FX	Rest
Apparatus 2	UB	BB	FX	Rest	VT
Apparatus 3	BB	FX	Rest	VT	UB
Apparatus 4	FX	Rest	VT	UB	BB
Apparatus 5	Rest	VT	UB	BB	FX
Senior sub 1	SHETLAND (4)	GOTLAND (6)	FAROEES (6)	ORKNEY (6)	JERSEY (5)
13-13.30	GENERAL WARM UP				
13.30-14.25	Apparatus WU, 11 min each event				
	UB, BB, FX, R, VT	BB, FX, R, VT, UB	FX, R, VT, UB, BB	R, VT, UB, BB, FX	VT, UB, BB, FX, R
Apparatus 1	VT	UB	BB	FX	Rest
Apparatus 2	UB	BB	FX	Rest	VT
Apparatus 3	BB	FX	Rest	VT	UB
Apparatus 4	FX	Rest	VT	UB	BB
Apparatus 5	Rest	VT	UB	BB	FX
Senior sub 2	ÅLAND (6)	CAYMAN (6)	YNYS MÔN (6)	ISLE OF MAN (6)	
16.30-17.00	GENERAL WARM UP				
17.00-17.45	Apparatus WU, 11 min each event				
	UB, BB, FX, VT	BB, FX, VT, UB	FX, VT, UB, BB	VT, UB, BB, FX	
Apparatus 1	VT	UB	BB	FX	
Apparatus 2	UB	BB	FX	VT	
Apparatus 3	BB	FX	VT	UB	
Apparatus 4	FX	VT	UB	BB	