

ÅLAND INVITATIONAL



Schedule:

Friday	9.30 General warm up Easy FIG sub 1 10.00 Apparatus warm up 11.10 Start of competition.
Friday	13.00 General Warm up Easy FIG sub 2 13.30 Apparatus warm up 14.40 Start of competition Medal ceremony around 17.00
Saturday	10.00 General warm up Modified FIG 10.30 Apparatus warm up 11.40 Start of competition Medal ceremony around 14.00
Sunday	8.50 General warm up Event Finals 9.20 Apparatus warm up 10.30 Start of competition 12.30 Medal ceremony
Mod FIG training	Friday 18.00-20.30
Coaches meetings	Easy FIG sub 1: Friday 9.20 Easy FIG sub 2: Friday 12.50 Mod FIG: Saturday 9.50
Judges meetings	Easy FIG Friday 10.00 Mod FIG Saturday 10.30 Finals Sunday 9.45
Lunch (pre-bookings only):	
Friday	11.30-16.30
Saturday	12.00-15.00
Busses (pre-bookings only)	
Saturday	From town 9.15 and ca 9.45 Return around 14.15 and 14.45
Sunday	From town 8.15 and ca 8.45 Return around 13.00 and 13.30
Social Evening (pre-bookings only)	
Saturday	18.00 at Mariepark

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Additional information: gymnastik.ax



Results: live.sporteentsystems.se

