

	Sunday 8th December Round 1		Sunday 8th December Round 2		Sunday 8th December Round 3	
	Time	Note	Time	Note	Time	Note
Registration	7.30am	North Stage	11.00am	North Stage	3.00pm	North Stage
Technical Briefing	7.45am	North Stage				
Judges' Meeting	7.40am	Coaches Room				
General Warm-Up (10mins)	7.45am	North Stage	11.30am	Gym	3.30pm	North Stage
March in & Introduction	8.00am		11.45am		3.45pm	
Apparatus 1 (10 mins warm-up) & Compete	8.05am	Vault	11.50am	Vault	3.50pm	Vault
Apparatus 2	8.45am	Bars	12.35pm	Bars	4.35pm	Bars
Apparatus 3	9.25am	Beam / Rest	1.20pm	Beam / Rest	5.20pm	Beam / Rest
Apparatus 4	10.05am	Floor	2.05pm	Floor	6.05pm	Floor
End of Round	10.45am		2.50pm		6.50pm	
Judges' Refreshments	10.45am	Coaches Room	Refreshments available throughout the day in the coaches room.			
Presentations	10.50am	Approx	3.00pm	Approx	7.00pm	Approx