

	Time	Note		Time	Note	Time	Note	Time	Note	Time	Note
Registration	3.30pm	Gym	Registration	7.30am	Gym	9.50am	Gym	12.45pm	Gym	3.25pm	Gym
Technical Briefing	3.45pm	Gym	Technical Briefing	7.45am	North Stage						
Judges' Meeting	3.40pm	Coaches Room	Judges' Meeting	7.40am	Coaches Room						
Open Warm-Up (10mins)	3.50pm	Gym	Open Warm-Up (10mins)	7.50am	Gym	10.15am	Gym	1.15pm	Gym	4.20pm	Gym
March in & Introduction	4.10pm	from corridor	March in & Introduction	8.10am	from corridor	10.35am	from corridor	1.35pm	from corridor	4.40pm	from corridor
Apparatus 1 (5 mins warm-up first 6 gymnasts only)	4.15pm		Apparatus 1 (3 mins warm-up) & Compete	8.15am		10.40am		1.35pm		4.45pm	
End of Round	6.30pm		End of Round	9.50am		12.40pm		3.20pm		6.10pm	
Judges' Refreshments			Judges' Refreshments	Refreshments available throughout the day							
Presentations	6.40pm	Approx	Presentations	9.50am	Approx	12.45pm	Approx	3.25pm	Approx	6.15pm	Approx