



**ENGLISH
GYMNASTICS**

**English Rhythmic Gymnastics
Championships 2022
Orientation**

Friday 6th May - Individuals		
18:00	18:02	Junior Hoop - gymnasts no. 1-5 & no. 21 Hoop
18:02	18:04	Junior Hoop - gymnasts no. 6-10
18:04	18:06	Junior Hoop - gymnasts no. 11-15 & no. 21 Ball
18:06	18:08	Junior Hoop - gymnasts no. 16-20

19:16	19:18	Senior Hoop - gymnasts no. 22-25 & no. 21 Clubs
19:18	19:20	Senior Hoop - gymnasts no. 26-30
19:20	19:22	Senior Ball - gymnasts no. 22-25 & no. 21 Ribbon
19:22	19:24	Senior Ball - gymnasts no. 26-30

Saturday 7th May - Individuals		
09:20	09:22	Pre-Espoir Free - gymnasts no. 32-36
09:22	09:24	Pre-Espoir Free - gymnasts no. 37-41
09:24	09:26	Pre-Espoir Ball - gymnasts no. 32-36
09:26	09:28	Pre-Espoir Ball - gymnasts no. 37-41
09:28	09:30	Espoir Clubs - gymnasts no. 42-46
09:30	09:32	Espoir Clubs - gymnasts no. 47-51
09:32	09:34	Espoir Ribbon - gymnasts no. 42-46
09:34	09:36	Espoir Ribbon - gymnasts no. 47-51

11:42	11:44	Espoir Clubs - gymnasts no. 52-56
11:44	11:46	Espoir Clubs - gymnasts no. 57-60
11:46	11:48	Espoir Ribbon - gymnasts no. 52-56
11:48	11:50	Espoir Ribbon - gymnasts no. 57-60

13:16	13:18	Junior Ball - gymnasts no. 1-5
13:18	13:20	Junior Ball - gymnasts no. 6-10
13:20	13:22	Junior Ribbon - gymnasts no. 1-5
13:22	13:24	Junior Ribbon - gymnasts no. 6-10

14:30	14:32	Junior Ball - gymnasts no. 11-15
14:32	14:34	Junior Ball - gymnasts no. 16-20
14:34	14:36	Junior Ribbon - gymnasts no. 11-15
14:36	14:38	Junior Ribbon - gymnasts no. 16-20

15:44	15:46	Senior Clubs - gymnasts no. 21-25
15:46	15:48	Senior Clubs - gymnasts no. 26-30
15:48	15:50	Senior Ribbon - gymnasts no. 21-25
15:50	15:52	Senior Ribbon - gymnasts no. 26-30

Saturday 7th May - Groups		
16:00	17:30	Warm up for Rhythmic Excellence & Team Bath Groups
17:30	17:46	Orientation for Rhythmic Excellence & Team Bath Groups
16:16	17:46	Warm up for Manchester Senior group & Flyde Coast groups
17:46	18:08	Orientation for Manchester Senior group & Flyde Coast groups
16:38	18:08	Warm up for iStar groups
18:08	18:30	Orientation for iStar groups
17:00	18:30	Warm up for A&V groups
18:30	18:50	Orientation for A&V groups

Sunday 8th May - Groups		
08:00	09:00	Warm up for Esprit Groups
09:00	09:24	Orientation for Esprit Groups
08:00	09:24	Warm up for Elena & Manchester Espoir Groups
09:24	09:38	Orientation for Elena & Manchester Espoir Groups