



**ENGLISH  
GYMNASTICS**

**English Rhythmic Gymnastics  
Championships 2022  
Timetable**

<b>Friday 6th May</b>		
16:00	18:00	Warm up for Junior Individuals
17:10	19:10	Warm up for Senior Individuals
18:00	18:08	Orientations for Junior Hoop
18:10	19:16	Competition for Junior Hoop
19:16	19:18	Orientation for Senior Hoop & Ball
19:26	20:20	Competition for Senior Hoop & Ball

<b>Saturday 7th May</b>		
08:00	09:20	Warm up for Pre-Espoirs & Espoir Individuals no. 42-51
09:20	09:36	Orientation for Pre-Espoirs & Espoir Individuals no. 42-51
09:40	11:40	Competition for Pre-Espoirs & Espoir Individuals no. 42-51
10:20	11:42	Warm up for Espoir Individuals no. 52-60
11:42	11:50	Orientation for Espoir Individuals no. 52-60
11:55	12:46	Competition for Espoir Individuals no. 52-60
12:49	13:04	Presentations for Pre-Espoir & Espoir Individuals

11:30	13:16	Warm up for Junior Individuals no. 1-10
12:45	14:30	Warm up for Junior Individuals no. 11-20
13:16	13:24	Orientation for Junior Individuals no. 1-10
13:29	14:29	Competition for Junior Individuals no. 1-10
14:00	15:44	Warm up for Senior Individuals
14:30	14:38	Orientation for Junior Individuals no. 11-20
14:39	15:39	Competition for Junior Individuals no. 11-20
15:44	15:52	Orientations for Senior Individuals
15:54	16:42	Competition for Senior Individuals
16:50	17:15	Presentations for Junior & Senior Individuals

17:30	18:50	Orientation for Groups
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<b>Sunday 8th May</b>		
09:00	09:38	Orientation for Groups

08:15	09:40	Warm up for Espoir, Junior & Senior Groups
09:40	12:10	Competition for all groups
12:10	12:30	Presentations for all groups

11:15	11:30	Warm up for Junior and Senior Apparatus Finalists
13:00	15:24	Competition for Junior and Senior Apparatus Finalists
15:24	15:40	Presentations for Junior and Senior Apparatus Finals