

			LISH SILVER TUMBLING		0, 11 01 12, 11	
Podium Training for Saturday's Gymnasts			Panel A Track 1	Panel B Track 1	Panel C Track 2	Panel D Track 2
17:00 - 17:30			Round 1 gymnasts	Round 1 gymnasts	Round 1 gymnasts	Round 1 gymnasts
17.30 - 18.00			Round 2 gymnasts	Round 2 gymnasts	Round 2 gymnasts	Round 2 gymnasts
18.00 - 18.30		Round 3 gymnasts	Round 3 gymnasts	Round 3 gymnasts	Round 3 gymnasts	
18.30 - 19.00		Round 4 gymnasts	Round 4 gymnasts	Round 4 gymnasts	Round 4 gymnasts	
19.00 - 19.30		Round 5 gymnasts	Round 5 Gymnasts	Round 5 Gymnasts	Round 5 Gymnasts	
19.30 - 20.00			Round 6 gymnasts	Round 6 gymnasts	Round 6 gymnasts	Round 6 gymnasts
20.00 - 20.30		Round 7 gymnasts	Round 7 gymnasts	Round 7 gymnasts	Round 7 gymnasts	
S	aturday Competit	ion				
Competition Track	Times	Warm Up Track				
	09:00 - 09:45	Round 1 gymnasts				
Round 1	09.45 - 10.30	Round 2 gymnasts	NDP 1 G 9-10 (1-8)	NDP 1 G 11-12 (1-8)	NDP 1 G 13+ (1-10)	NDP 1 M 9-10 (1-12)
Round 2	10.30 - 11.15	Round 3 gymnasts	NDP 1 G 9-10 (9-17)	NDP 1 G 11-12 (9-17)	NDP 1 G 13+ (11-19)	NDP 1 M 11-12 (1-9)
Round 3	11.15 - 12.00	Round 4 gymnasts	NDP 2 G 9-10 (1-7)	NDP 2 G 11-12 (1-9)	NDP 2 G 13+ (1-9)	NDP 1 M 11-12 (10-13), NDP 1 M 13+ (1-4)
Round 4	12.00 - 12.45	Round 5 gymnasts	NDP 2 G 9-10 (8-13)	NDP 2 G 11-12 (10-18)	NDP 2 G 13+ (10-17)	NDP 2 M 9-10 (1-9)
12.45 - 13.15		Lunch Break				
Round 5	13.15 - 14.00	Round 6 gymnasts				
Round 6	14.00 - 14.45	Round 7 gymnasts	NDP 2 M 11-12 (1-14)	NDP 2 M 13+ (1-10)	NDP 3 G 9-10 (1-5)	NDP 3 G 11-12 (1-9)
Round 7	14.45 - 15.30		NDP 3 G 13+ (1-15)	NDP 3 M 9-10 (1-2)	NDP 3 M 11-12 (1-8)	NDP 3 M 13+ (1-11)
15.45 - 16.15				1121 3 10 (12)	1121 0 111 11 12 (1 0)	1151 0 111 101 (1 11)
15.45	- 16.15			Medal Presentation	115. 6 11. 11. 12 (1. 6)	1
15.45	- 16.15	I EN	GLISH SILVER TUMBLIN	Medal Presentation	, , , , , , , , , , , , , , , , , , ,	1
				Medal Presentation	- SUNDAY	Panel D Track 2
	ining for Sunday		Panel A Track 1	Medal Presentation  NG CHAMPIONSHIPS  Panel B Track 1	- SUNDAY Panel C Track 2	Panel D Track 2
	ining for Sunday		Panel A Track 1  Round 1 gymnasts	Medal Presentation  NG CHAMPIONSHIPS  Panel B Track 1  Round 1 gymnasts	- SUNDAY Panel C Track 2 Round 1 gymnasts	Panel D Track 2  Round 1 gymnasts
	ining for Sunday' 17.00 - 17.30 17.30-18.00		Panel A Track 1  Round 1 gymnasts Round 2 gymnasts	Medal Presentation  NG CHAMPIONSHIPS  Panel B Track 1  Round 1 gymnasts Round 2 gymnasts	- SUNDAY  Panel C Track 2  Round 1 gymnasts Round 2 gymnasts	Panel D Track 2  Round 1 gymnasts Round 2 gymnasts
	ining for Sunday		Panel A Track 1  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts	Medal Presentation  IG CHAMPIONSHIPS  Panel B Track 1  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts	- SUNDAY  Panel C Track 2  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts	Panel D Track 2  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts
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Podium Tra  S Competition Track  Round 1 Round 2	17.00 - 17.30 17.30 - 17.30 17.30 - 18.00 18.00-18.30 18.30-19.00 19.00-19.30  unday Competitio  Times  09:00 - 09:45 09:45 - 10.30 10.30 - 11.15	Warm up Track Round 1 gymnasts Round 3 gymnasts Round 3 gymnasts	Panel A Track 1  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 4 gymnasts Round 5 gymnasts  Round 5 gymnasts  NDP 4 G 9-10 (1-9) NDP 4 M 9-10 (1-3), NDP 4 M 11-12 (1-8)	Medal Presentation  NG CHAMPIONSHIPS  Panel B Track 1  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 3 gymnasts Round 5 Gymnasts Round 5 Gymnasts	- SUNDAY  Panel C Track 2  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 4 gymnasts Round 5 Gymnasts Round 5 Gymnasts	Panel D Track 2  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 4 gymnasts  Round 4 gymnasts  NDP 5 M 15+ (1-6)  NDP 6 G U13 (1-2) NDP 6 G 13+ (1-7)  NDP 6 M U13 (1), NDP 6 M 13+ (1-3)
Podium Tra  S Competition Track  Round 1 Round 2 Round 3	17.00 - 17.30 17.30 - 17.30 17.30-18.00 18.00-18.30 18.30-19.00 19.00-19.30  unday Competitio  Times  09:00 - 09:45 09.45 - 10.30 10.30 - 11.15 11.15 - 12.00	Warm up Track Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 4 gymnasts	Panel A Track 1  Round 1 gymnasts  Round 2 gymnasts  Round 3 gymnasts  Round 4 gymnasts  Round 5 gymnasts  Round 5 gymnasts  NDP 4 G 9-10 (1-9)  NDP 4 M 9-10 (1-3), NDP 4 M 11-12 (1-8)  NDP 4 M 13+ (1-7)	Medal Presentation  NG CHAMPIONSHIPS  Panel B Track 1  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 3 gymnasts Round 4 gymnasts Round 5 Gymnasts  NDP 4 G 11-12 (1-9) NDP 4 G 11-12 (10-16) NDP 5 G 10-12 (1-7)	- SUNDAY  Panel C Track 2  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 4 gymnasts Round 5 Gymnasts Round 5 Gymnasts Round 5 Gymnasts	Panel D Track 2  Round 1 gymnasts Round 2 gymnasts Round 3 gymnasts Round 4 gymnasts  Round 4 gymnasts  NDP 5 M 15+ (1-6) NDP 6 G U13 (1-2) NDP 6 G 13+ (1-7)