

SPECTATOR TIMETABLE

Aerobic Gymnastics
British Championships
& NAC Cup 2022

Fenton Manor Sports Complex
10th-11th September

Saturday 10th September

Time	Schedule
16:15	Spectator doors open
16:50	March On
17:00	Competition Session 1 – NAC Age Group: Individual Women, NAC National Development: Individual Women.
18:26	Break
18:45	Competition Session 2– NAC Age Group: Individual Women & Men, NAC Junior: Individual Women & Men, NAC Senior: Individual Women
20:20	NAC Cup Medal Ceremony

Sunday 11th September

Time	Schedule
08:15	Spectator doors open
09:20	March On
09:30	Competition Session 3– FND: Individual Women & Trios, FIG Age Group: Individual Women, FIG National Development: Individual Women & Trios
11:12	Break
11:25	Competition Session 4– FIG Age Group: Individual Men, FIG Junior: Individual Women & Men, NAC National Development: Pairs & Trios, NAC Age Group: Pairs, NAC Junior: Pairs
12:22	Break
13:20	Competition Session 5: FIG Senior: Individual Women & Men, NAC Age Group: Trios, NAC Junior: Trios
14:06	Break
14:20	Competition Session 6: FIG Age Group: Pairs, Trios & Groups, NAC Age Group: Groups, FIG Junior: Pairs, Trios & Groups, FIG Senior: Pairs & Groups
15:20	Medal Ceremony & Presentations