



### Sainsbury's UK School Games 2010 Gymnastics Timetable

Day 1 – Saturday 4 <sup>th</sup> September 2010	
Time	Event
10.00	Boy's General Warm Up
10.20	Boy's Apparatus Warm Up (free training)
11.20	End of Boy's Warm Up. Assemble
11.40	March in Boy's Judges, Teams & Introductions
11.45	Boy's Competition 6 x 25 minutes rotations CIV / CII & qualification for CIII
14.15	End of Boy's Competition. March Out
15.00	Girl's General Warm Up
15.15	Girl's Apparatus Warm Up (4 x 12 minutes. Start 2 <sup>nd</sup> Piece)
16.05	End of Girl's Warm Up. Assemble
16.20	March in Girl's Judges, Teams & Introductions
16.30	Girl's Competition 4 x 30 minutes rotations CIV / CII & qualification for CIII
18.30	End of Girl's Competition. March Out.
18.40	Presentations Girl's & Boy's teams & all around
19.00	End of Competition
Day 2 – Sunday 5 <sup>th</sup> September 2010	
09.30	General Warm Up - all finalists
09.50	Apparatus Warm Up - open training (9:50 - 10:10 - Boy's Vault, P.bars & High bar / Girl's Beam & Floor)
10.30	Apparatus Warm Up - open training (10.30 - 10:50 - Boy's floor, Pommel & Rings / Girl's Vault & A bars )
10.50	End of Warm Up
11.05	Introductions – Boy's Floor / Girl's Vault
11.40	Introductions – Boy's Pommel / Girl's Asymmetric Bars
12.05	Introductions – Boy's Rings
12.45	Introductions – Boy's Vault / Girl's Beam
13.10	Introductions – Boy's Parallel Bars / Girl's Floor
13.45	Introductions – Boy's High Bar
14.15	March in & presentations to all apparatus medallists