

## UK School Games 2009 Gymnastics Timetable

<b>Day 1 – Saturday 5<sup>th</sup> September 2009</b>	
11.15	Boys General Warm Up
11.35	Boys Apparatus Warm Up (Free Training)
12.55	End of Boys Warm Up
12.55	Opening Rhythmic Display (TBC)
13.10	Boys Competition 6 x 22 minutes rotations
15.25	End of Boys Competition
15.40	Girls General Warm Up
15.55	Girls Apparatus Warm Up 4 x 10 minutes. Start 2nd Piece
16.35	End of Girls Warm Up
16.50	Girls Competition 4 x 20 minutes rotation
18.10	End of Girls Competition
18.20	Presentations Girls & Boys
18.45	End of Competition
<b>Day 2 – Sunday 6<sup>th</sup> September 2009</b>	
9.30	General Warm Up - all finalists
9.50	Apparatus Warm Up - open training (9:50-10:05-High Bar, Boys Vault and Girls Floor. 10:15-10:30 - A Bars, Girls Vault, Boys Floor)
10.30	End of Warm Up
10.40	Introductions –Boys Floor / Girls Vault
11.10	Introductions –Boys Pommel / Girls Asymmetric Bars
11.40	Introductions –Boys Rings
12.10	Introductions –Boys Vault / Girls Beam
12.30	Introductions –Boys Parallel Bars / Girls Floor
13.00	Introductions –Boys High Bar
13.40	Presentations to all medallists