



GYMNASTICS
IRELAND





**NORTHERN
EUROPEAN**
CHAMPIONSHIPS 2024







Training and Competition Plan







Thursday 19th September 2024





Training on Request

WAG - FOP						
Start Time	Duration	End Time				
Training Session 1						
15:30	01:30	17:00	Open Training - Iceland & Norway			
Training Session 2						
18:00	01:30	19:30	Open Training - Ireland & Scotland			







MAG - FOP								
Start Time	Duration	End Time						
Training Session 1								
15:00	02:00	17:00	General warm up					
Open Training - Iceland, Norway & Sweden								
Training Session 2								
18:00	02:00	20:00	General warm up					
Open Training - Ireland & Scotland								







WAG QC - Composition of Groups

Subdivision 1				
				REST
Northern Ireland	Scotland	Isle of Man	Faroe Islands	Denmark

Subdivision 2				
				REST
England	Norway	Iceland	Ireland	Finland

MAG QC - Composition of Groups






Subdivision 1					
					
	Iceland	Norway	Faroe Islands	Scotland	Denmark & Isle of Man

Subdivision 2					
					
Sweden	Wales	Finland	England	Ireland	








Friday 20th September 2024

Morning Podium Training (WAG) and Open Training (MAG) in the N.G.T.C.

WAG Podium - FOP							
Start Time	Duration	End Time					
Subdivision 1							
09:00	00:20	09:20	General Warm-up in the N.G.T.C.				
09:25	00:10	09:35	March in of Gymnasts for Subdivision 1				
09:35	00:20	09:55	Northern Ireland	Scotland	Isle of Man	Faroe Islands	Denmark
09:55	00:20	10:15	Denmark	Northern Ireland	Scotland	Isle of Man	Faroe Islands
10:15	00:20	10:35	Faroe Islands	Denmark	Northern Ireland	Scotland	Isle of Man
10:35	00:20	10:55	Isle of Man	Faroe Islands	Denmark	Northern Ireland	Scotland
10:55	00:20	11:15	Scotland	Isle of Man	Faroe Islands	Denmark	Northern Ireland







Start Time	Duration	End Time	MAG TRAINING - Subdivision 1 - N.G.T.C.
09:00	01:30	10:30	<p>Open Training - Iceland, Norway, Faroe Islands, Scotland, Denmark & Isle of Man</p>

WAG Podium - FOP							
Start Time	Duration	End Time					
Subdivision 2							
11:00	00:20	11:20	General Warm-up in the N.G.T.C.				
11:25	00:10	11:35	March in of Gymnasts for Subdivision 2				
11:35	00:20	11:55	England	Norway	Iceland	Ireland	Finland
11:55	00:20	12:15	Finland	England	Norway	Iceland	Ireland
12:15	00:20	12:35	Ireland	Finland	England	Norway	Iceland
12:35	00:20	12:55	Iceland	Ireland	Finland	England	Norway
12:55	00:20	13:15	Norway	Iceland	Ireland	Finland	England







Start Time	Duration	End Time	MAG TRAINING - Subdivision 2 - N.G.T.C.
10:30	01:30	12:00	<p>Open Training - Sweden, Wales, Finland, England & Ireland</p>

Friday 20th September 2024
 Afternoon Podium Training (MAG) and Open Training (WAG) in the N.G.T.C.

Start Time	Duration	End Time	WAG TRAINING - Subdivision 1 - N.G.T.C.
14:30	01:30	16:00	
Open Training - Northern Ireland, Scotland, Isle of Man, Faroe Islands & Denmark			

MAG Podium - FOP											
Start Time	Duration	End Time									
Subdivision 1											
13:05	00:15	13:20	General Warm-up in the N.G.T.C.								
13:25	00:10	13:35	March in of Gymnasts for Subdivision 1								
13:35	00:20	13:55		Iceland	Norway	Faroe Islands	Scotland	Denmark & Isle of Man			
13:55	00:20	14:15	Denmark & Isle of Man		Iceland	Norway	Faroe Islands	Scotland			
14:15	00:20	14:35	Scotland	Denmark & Isle of Man		Iceland	Norway	Faroe Islands			
14:35	00:20	14:55	Faroe Islands	Scotland	Denmark & Isle of Man		Iceland	Norway			
14:55	00:20	15:15	Norway	Faroe Islands	Scotland	Denmark & Isle of Man		Iceland			
15:15	00:20	15:35	Iceland	Norway	Faroe Islands	Scotland	Denmark & Isle of Man				

Start Time	Duration	End Time	WAG TRAINING - Subdivision 2 - N.G.T.C.
16:00	01:30	17:30	
Open Training - England, Norway, Iceland, Ireland & Finland			

MAG Podium - FOP										
Start Time	Duration	End Time								
Subdivision 2										
15:25	00:15	15:40	General Warm-up in the N.G.T.C.							
15:45	00:10	15:55	March on of Gymnasts for Subdivision 2							
15:55	00:20	16:15	Sweden	Wales	Finland	England	Ireland			
16:15	00:20	16:35		Sweden	Wales	Finland	England	Ireland		
16:35	00:20	16:55	Ireland		Sweden	Wales	Finland	England		
16:55	00:20	17:15	England	Ireland		Sweden	Wales	Finland		
17:15	00:20	17:35	Finland	England	Ireland		Sweden	Wales		
17:35	00:20	17:55	Wales	Finland	England	Ireland		Sweden		



Saturday 21st September 2024

Warm-up - Qualification Competition

WAG - Warm-up Hall (N.G.T.C.)								
Start Time	Duration	End Time					REST	
Subdivision 1								
08:10	00:20	08:30	General Warm-up					
08:30	00:15	08:45	Denmark	Northern Ireland	Scotland	Isle of Man	Faroe Islands	
08:45	00:15	09:00	Faroe Islands	Denmark	Northern Ireland	Scotland	Isle of Man	
09:00	00:15	09:15	Isle of Man	Faroe Islands	Denmark	Northern Ireland	Scotland	
09:15	00:15	09:30	Scotland	Isle of Man	Faroe Islands	Denmark	Northern Ireland	
09:30	00:15	09:45	Northern Ireland	Scotland	Isle of Man	Faroe Islands	Denmark	

MAG - Warm-up Hall (N.G.T.C.)										
Start Time	Duration	End Time								
Subdivision 1										
08:00	00:15	08:15	General Warm-up							
08:15	00:15	08:30	Denmark & Isle of Man		Iceland	Norway	Faroe Islands	Scotland		
08:30	00:15	08:45	Scotland	Denmark & Isle of Man		Iceland	Norway	Faroe Islands		
08:45	00:15	09:00	Faroe Islands	Scotland	Denmark & Isle of Man		Iceland	Norway		
09:00	00:15	09:15	Norway	Faroe Islands	Scotland	Denmark & Isle of Man		Iceland		
09:15	00:15	09:30	Iceland	Norway	Faroe Islands	Scotland	Denmark & Isle of Man			
09:30	00:15	09:45		Iceland	Norway	Faroe Islands	Scotland	Denmark & Isle of Man		

WAG - Warm-up Hall (N.G.T.C.)								
Start Time	Duration	End Time					REST	
Subdivision 2								
12:45	00:20	13:05	General Warm-up					
13:05	00:15	13:20	Finland	England	Norway	Iceland	Ireland	
13:20	00:15	13:35	Ireland	Finland	England	Norway	Iceland	
13:35	00:15	13:50	Iceland	Ireland	Finland	England	Norway	
13:50	00:15	14:05	Norway	Iceland	Ireland	Finland	England	
14:05	00:15	14:20	England	Norway	Iceland	Ireland	Finland	

MAG - Warm-up Hall (N.G.T.C.)										
Start Time	Duration	End Time								
Subdivision 2										
12:35	00:15	12:50	General Warm-up							
12:50	00:15	13:05		Sweden	Wales	Finland	England	Ireland		
13:05	00:15	13:20	Ireland		Sweden	Wales	Finland	England		
13:20	00:15	13:35	England	Ireland		Sweden	Wales	Finland		
13:35	00:15	13:50	Finland	England	Ireland		Sweden	Wales		
13:50	00:15	14:05	Wales	Finland	England	Ireland		Sweden		
14:05	00:15	14:20	Sweden	Wales	Finland	England	Ireland			



Saturday 21st September 2024

Qualification Competition including Team Final (MAG & WAG) and All-Around Final (MAG & WAG)

WAG - FOP							
Start Time	Duration	End Time					REST
Subdivision 1							
09:50	00:10	10:00	Entrance to the FOP				
10:00	00:33	10:33	Northern Ireland	Scotland	Isle of Man	Faroe Islands	Denmark
10:33	00:37	11:10	Denmark	Northern Ireland	Scotland	Isle of Man	Faroe Islands
11:10	00:37	11:47	Faroe Islands	Denmark	Northern Ireland	Scotland	Isle of Man
11:47	00:37	12:24	Isle of Man	Faroe Islands	Denmark	Northern Ireland	Scotland
12:24	00:37	13:01	Scotland	Isle of Man	Faroe Islands	Denmark	Northern Ireland

MAG - FOP										
Start Time	Duration	End Time								
Subdivision 1										
09:50	00:10	10:00	Entrance to the FOP							
10:00	00:33	10:33		Iceland	Norway	Faroe Islands	Scotland	Denmark & Isle of Man		
10:33	00:37	11:10	Denmark & Isle of Man		Iceland	Norway	Faroe Islands	Scotland		
11:10	00:37	11:47	Scotland	Denmark & Isle of Man		Iceland	Norway	Faroe Islands		
11:47	00:37	12:24	Faroe Islands	Scotland	Denmark & Isle of Man		Iceland	Norway		
12:24	00:37	13:01	Norway	Faroe Islands	Scotland	Denmark & Isle of Man		Iceland		
13:01	00:33	13:34	Iceland	Norway	Faroe Islands	Scotland	Denmark & Isle of Man			

WAG - FOP							
Start Time	Duration	End Time					REST
Subdivision 2							
14:25	00:10	14:35	Entrance to the FOP				
14:35	00:37	15:12	England	Norway	Iceland	Ireland	Finland
15:12	00:33	15:45	Finland	England	Norway	Iceland	Ireland
15:45	00:37	16:22	Ireland	Finland	England	Norway	Iceland
16:22	00:37	16:59	Iceland	Ireland	Finland	England	Norway
16:59	00:37	17:36	Norway	Iceland	Ireland	Finland	England

MAG - FOP										
Start Time	Duration	End Time								
Subdivision 2										
14:25	00:10	14:35	Entrance to the FOP							
14:35	00:37	15:12	Sweden	Wales	Finland	England	Ireland			
15:12	00:33	15:45		Sweden	Wales	Finland	England	Ireland		
15:45	00:37	16:22	Ireland		Sweden	Wales	Finland	England		
16:22	00:37	16:59	England	Ireland		Sweden	Wales	Finland		
16:59	00:37	17:36	Finland	England	Ireland		Sweden	Wales		
17:36	00:33	18:09	Wales	Finland	England	Ireland		Sweden		

Start Time	Duration	End Time	MAG & WAG - APPARATUS FINALS Warm-Up Hall - N.G.T.C.
08:30		18:00	N.G.T.C.
Warm-Up and Open Training for all Apparatus Finalists			

MAG & WAG - Apparatus Finals - FOP									
Start Time	Duration	End Time							
09:00		17:53	WAG & MAG APPARATUS FINALS						
09:00	01:00	10:00	Open Podium Training - MAG (FX, PH & R) & WAG (VT & UB)						
10:05	00:04	10:09	March in & presentation of Gymnasts						
10:09	00:38	10:47	MAG Floor Final						
10:47	00:10	10:57	Medal Ceremony						
11:02	00:08	11:10	March in & presentation of Gymnasts						
11:10	00:45	11:55	MAG Pommel Final & WAG Vault Final						
11:55	00:15	12:10	Medal Ceremony						
12:15	00:08	12:23	March in & presentation of Gymnasts						
12:23	00:45	13:08	MAG Rings Final & WAG Uneven Bars Final						
13:08	00:15	13:23	Medal Ceremony						
Start Time	Duration	End Time							
13:30	01:00	14:30	Open Podium Training - MAG (VT, PB & HB) & WAG (BB & FX)						
14:35	00:08	14:43	March in & presentation of Gymnasts						
14:43	00:45	15:28	MAG Vault Final & WAG Balance Beam Final						
15:28	00:15	15:43	Medal Ceremony						
15:48	00:08	15:56	March in & presentation of Gymnasts						
15:56	00:45	16:41	MAG Parallel Bars Final & WAG Floor Final						
16:41	00:15	16:56	Medal Ceremony						
17:01	00:04	17:05	March in & presentation of Gymnasts						
17:05	00:38	17:43	MAG Horizontal Bar Final						
17:43	00:10	17:53	Medal Ceremony						

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