

**ENTRAINEMENT SUR PODIUM /PODIUM TRAINING**  
**COUPE SENIOR**  
**JEUDI 7 MARS / THURSDAY MARCH 7**

GYMNASTES / GYMNASTS  
 (GROUPES D'ENTRAÎNEMENT ET DE COMPETITION)  
 (TRAINING/COMPETITION GROUPS)

ÉCHAUFFEMENT GÉNÉRAL / GENERAL WARM-UP 10:15-10:45  
 ENTRAINEMENT / TRAINING (20min/rotation) 10 :45-12:25

VAULT	BARS	BYE	BEAM	FLOOR
JPN	CAN 2	CAN 1	CAN 3	MEX

CONFORMÉMENT À L'ORDRE DE COMPÉTITION EN DÉBUTANT PAR LE PREMIER ENGIN /  
 ACCORDING TO COMPETITION ORDER, STARTING ON 1ST APPARATUS FROM COMPETITION ORDER

GROUPS AND ORDER WILL BE DRAWN AT THE TECHNICAL MEETING.  
 THE ORDER WITHIN EACH GROUP WILL REMAIN THE SAME ON EACH ROTATION.

GROUPS TO ROTATE IN THE OLYMPIC ORDER

**THE TECHNICAL MEETING WILL BE HELD ON WEDNESDAY MARCH 6 AT THE BEST WESTERN HOTEL, FROM 8:00 TO 9:00PM.**