

AUSTRIAN TEAM OPEN



VIENNA
MARCH 27+28
2010

ARTISTIC GYMNASTICS



1st Austrian International Artistic Gymnastics Team Championships



Women's Draw & Work Plan for Training & Competition:

WAG Subdivision A *Training Friday March 26, 2010*

| | VT | UB | BB | FX |
|--------------------|------------------------|------------------------|------------------------|------------------------|
| Warm Up (15:00) | | | | |
| Rotation 1 (15:20) | NÖ [AUT] | K+T ⁰ [AUT] | ISR 2 | CAN |
| Rotation 2 (15:40) | CAN | NÖ [AUT] | K+T ⁰ [AUT] | ISR 2 |
| Rotation 3 (16:00) | ISR 2 | CAN | NÖ [AUT] | K+T ⁰ [AUT] |
| Rotation 4 (16:20) | K+T ⁰ [AUT] | ISR 2 | CAN | NÖ [AUT] |

Warm Up & Competition Saturday March 27, 2010

General Warm Up 08:15 | Apparatus Warm Up 08:40 | Competition 09:45 | Victory Ceremony 15:35

| | VT | UB | BB | FX |
|------------------|------------------------|------------------------|------------------------|------------------------|
| App. Warm Up 1 | CAN | NÖ [AUT] | K+T ⁰ [AUT] | ISR 2 |
| App. Warm Up 2 | ISR 2 | CAN | NÖ [AUT] | K+T ⁰ [AUT] |
| App. Warm Up 3 | K+T ⁰ [AUT] | ISR 2 | CAN | NÖ [AUT] |
| App. Warm Up 4 | NÖ [AUT] | K+T ⁰ [AUT] | ISR 2 | CAN |
| Comp. Rotation 1 | NÖ [AUT] | K+T ⁰ [AUT] | ISR 2 | CAN |
| Comp. Rotation 2 | CAN | NÖ [AUT] | K+T ⁰ [AUT] | ISR 2 |
| Comp. Rotation 3 | ISR 2 | CAN | NÖ [AUT] | K+T ⁰ [AUT] |
| Comp. Rotation 4 | K+T ⁰ [AUT] | ISR 2 | CAN | NÖ [AUT] |

WAG Subdivision B *Training Friday March 26, 2010*

| | VT | UB | Pause | BB | FX | Pause |
|--------------------|----------|----------|----------|----------|----------|----------|
| Warm Up (16:40) | | | | | | |
| Rotation 1 (17:00) | V [AUT] | T [AUT] | HUN | OÖ [AUT] | W [AUT] | ISR |
| Rotation 2 (17:20) | ISR | V [AUT] | T [AUT] | HUN | OÖ [AUT] | W [AUT] |
| Rotation 3 (17:40) | W [AUT] | ISR | V [AUT] | T [AUT] | HUN | OÖ [AUT] |
| Rotation 4 (18:00) | OÖ [AUT] | W [AUT] | ISR | V [AUT] | T [AUT] | HUN |
| Rotation 5 (18:20) | HUN | OÖ [AUT] | W [AUT] | ISR | V [AUT] | T [AUT] |
| Rotation 6 (18:40) | T [AUT] | HUN | OÖ [AUT] | W [AUT] | ISR | V [AUT] |

Warm Up & Competition Saturday March 27, 2010

General Warm Up 11:20 | Apparatus Warm Up 11:45 | Competition 13:05 | Victory Ceremony 15:35

| | VT | UB | Pause | BB | FX | Pause |
|------------------|---------|---------|---------|----------|----------|----------|
| App. Warm Up 1 | ISR | V [AUT] | T [AUT] | HUN | OÖ [AUT] | W [AUT] |
| App. Warm Up 2 | W [AUT] | ISR | V [AUT] | T [AUT] | HUN | OÖ [AUT] |
| App. Warm Up 3 | OÖ | W [AUT] | ISR | V [AUT] | T [AUT] | HUN |
| App. Warm Up 4 | HUN | OÖ | W [AUT] | ISR | V [AUT] | T [AUT] |
| App. Warm Up 5 | T [AUT] | HUN | OÖ | W [AUT] | ISR | V [AUT] |
| App. Warm Up 6 | V [AUT] | T [AUT] | HUN | OÖ [AUT] | W [AUT] | ISR |
| Comp. Rotation 1 | V [AUT] | T [AUT] | HUN | OÖ [AUT] | W [AUT] | ISR |
| Comp. Rotation 2 | ISR | V [AUT] | T [AUT] | HUN | OÖ [AUT] | W [AUT] |
| Comp. Rotation 3 | W [AUT] | ISR | V [AUT] | T [AUT] | HUN | OÖ [AUT] |
| Comp. Rotation 4 | OÖ | W [AUT] | ISR | V [AUT] | T [AUT] | HUN |
| Comp. Rotation 5 | HUN | OÖ | W [AUT] | ISR | V [AUT] | T [AUT] |
| Comp. Rotation 6 | T [AUT] | HUN | OÖ | W [AUT] | ISR | V [AUT] |

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1st Austrian International Artistic Gymnastics Team Championships



Men's Draw & Work Plan for Training & Competition:

MAG Subdivision C *Sunday March 28, 2010*

Saturday March 27, 2010: Open Training Session 16:30 – 20:00
 Sunday: Warm Up 08:00 | Competition 09:45 | Victory Ceremony 16:00

| | FX | PH | SR | VT | PB | HB |
|------------|----------|----------|----------|----------|----------|----------|
| Rotation 1 | K [AUT] | V2 [AUT] | NÖ [AUT] | HUN 2 | SLO 2 | SVK 2 |
| Rotation 2 | SVK 2 | K [AUT] | V2 [AUT] | NÖ [AUT] | HUN 2 | SLO 2 |
| Rotation 3 | SLO 2 | SVK 2 | K [AUT] | V2 [AUT] | NÖ [AUT] | HUN 2 |
| Rotation 4 | HUN 2 | SLO 2 | SVK 2 | K [AUT] | V2 [AUT] | NÖ [AUT] |
| Rotation 5 | NÖ [AUT] | HUN 2 | SLO 2 | SVK 2 | K [AUT] | V2 [AUT] |
| Rotation 6 | V2 [AUT] | NÖ [AUT] | HUN 2 | SLO 2 | SVK 2 | K [AUT] |

MAG Subdivision D *Sunday March 28, 2010*

Saturday March 27, 2010: Open Training Session 16:30 – 20:00
 Sunday: Warm Up 11:50 | Competition 13:30 | Victory Ceremony 16:00

| | FX | PH | SR | VT | PB | HB | Pause |
|------------|----------|----------|----------|----------|----------|----------|----------|
| Rotation 1 | OÖ [AUT] | V [AUT] | W [AUT] | T [AUT] | SVK | HUN | SLO |
| Rotation 2 | SLO | OÖ [AUT] | V [AUT] | W [AUT] | T [AUT] | SVK | HUN |
| Rotation 3 | HUN | SLO | OÖ [AUT] | V [AUT] | W [AUT] | T [AUT] | SVK |
| Rotation 4 | SVK | HUN | SLO | OÖ [AUT] | V [AUT] | W [AUT] | T [AUT] |
| Rotation 5 | T [AUT] | SVK | HUN | SLO | OÖ [AUT] | V [AUT] | W [AUT] |
| Rotation 6 | W [AUT] | T [AUT] | SVK | HUN | SLO | OÖ [AUT] | V [AUT] |
| Rotation 7 | V [AUT] | W [AUT] | T [AUT] | SVK | HUN | SLO | OÖ [AUT] |