



AEROBIC GYMNASTICS - Training July 23rd, 2009



1st session

Group	FED	General warm-up from 07:30	Marked floor no music	AER floor with music	Competition floor
			30"	60"	
4	ITA - POR		8:00:00 - 8:30:00	8:30:00 - 9:30:00	
7	ROU		8:30:00 - 9:00:00	9:00:00 - 10:00:00	
1	CHN		9:00:00 - 9:30:00	9:30:00 - 10:30:00	
6	RSA - BRA - GER		9:30:00 - 10:00:00	10:00:00 - 11:00:00	
8	ESP - VIE - JPN		10:00:00 - 10:30:00	10:30:00 - 11:30:00	
2	FRA - RSA		10:30:00 - 11:00:00	11:00:00 - 12:00:00	
5	NZL - TPE - HUN		11:00:00 - 11:30:00	11:30:00 - 12:30:00	
3	RUS - BUL		11:30:00 - 12:00:00	12:00:00 - 13:00:00	

2nd session

Group	FED	General warm-up from 15:30	Marked floor no music	AER floor with music	Competition floor
			30"	60"	
4	ITA - POR		16:00:00 - 16:30:00	16:30:00 - 17:30:00	
7	ROU		16:30:00 - 17:00:00	17:00:00 - 18:00:00	
1	CHN		17:00:00 - 17:30:00	17:30:00 - 18:30:00	
6	RSA - BRA - GER		17:30:00 - 18:00:00	18:00:00 - 19:00:00	
8	ESP - VIE - JPN		18:00:00 - 18:30:00	18:30:00 - 19:30:00	
2	FRA - RSA		18:30:00 - 19:00:00	19:00:00 - 20:00:00	
5	NZL - TPE - HUN		19:00:00 - 19:30:00	19:30:00 - 20:30:00	
3	RUS - BUL		19:30:00 - 20:00:00	20:00:00 - 21:00:00	



AEROBIC GYMNASTICS - Training July 24th, 2009

Group	FED	General warm-up from 08:30	Marked floor no music	AER floor with music	Competition floor
			30"	30"	
	CHN		9:00:00 - 9:30:00	9:30:00 - 10:00:00	
	ESP - VIE - JPN		9:30:00 - 10:00:00	10:00:00 - 10:30:00	
	NZL - TPE - HUN		10:00:00 - 10:30:00	10:30:00 - 11:00:00	
	ROU		10:30:00 - 11:00:00	11:00:00 - 11:30:00	
	FRA - RSA		11:00:00 - 11:30:00	11:30:00 - 12:00:00	
	RSA - BRA - GER		11:30:00 - 12:00:00	12:00:00 - 12:30:00	
	RUS - BUL		12:00:00 - 12:30:00	12:30:00 - 13:00:00	
	ITA - POR		12:30:00 - 13:00:00	13:00:00 - 13:30:00	



Qualification July 24th, 2009
AEROBIC GYMNASTICS - Individual Men (IM)



FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
		30'	25'	5'	3:30'	10'	3'	3:30'
8-counts (Presentation of nations) 7"								15:00:00 15:07:00
CHN	AO Jinping	13:50:30 - 14:20:30	14:20:30 - 14:45:30	14:45:30	14:50:30 - 14:54:00	14:54:00	15:04:00	15:07:00 - 15:10:30
ESP	PAREJO Ivan	13:54:00 - 14:24:00	14:24:00 - 14:49:00	14:49:00	14:54:00 - 14:57:30	14:57:30	15:07:30	15:10:30 - 15:14:00
HUN	ROIK Zoslt	13:57:30 - 14:27:30	14:27:30 - 14:52:30	14:52:30	14:57:30 - 15:01:00	15:01:00	15:11:00	15:14:00 - 15:17:30
RSA	LEVY Matthew	14:01:00 - 14:31:00	14:31:00 - 14:56:00	14:56:00	15:01:00 - 15:04:30	15:04:30	15:14:30	15:17:30 - 15:21:00
ROU	ZAMFIR Mircea	14:04:30 - 14:34:30	14:34:30 - 14:59:30	14:59:30	15:04:30 - 15:08:00	15:08:00	15:18:00	15:21:00 - 15:24:30
FRA	JACQUEMIN Morgan	14:08:00 - 14:38:00	14:38:00 - 15:03:00	15:03:00	15:08:00 - 15:11:30	15:11:30	15:21:30	15:24:30 - 15:28:00
RUS	KONDRATICHHEV Alenxander	14:11:30 - 14:41:30	14:41:30 - 15:06:30	15:06:30	15:11:30 - 15:15:00	15:15:00	15:25:00	15:28:00 - 15:31:30
ITA	CAFORIO Antonio	14:15:00 - 14:45:00	14:45:00 - 15:10:00	15:10:00	15:15:00 - 15:18:30	15:18:30	15:28:30	15:31:30 - 15:35:00

AEROBIC GYMNASTICS - Mixed Pairs (MxP)

FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
		30'	25'	5'	3:45'	10'	3'	3.45'
ESP	LLI Vicente MORENO Sarah	14:18:15 - 14:48:15	14:48:15 - 15:13:15	15:13:15	15:18:15 - 15:22:00	15:22:00	15:32:00	15:35:00 - 15:38:45
POR	FAQUINHA Tiago ROSCA Elena Luana	14:22:00 - 14:52:00	14:52:00 - 15:17:00	15:17:00	15:22:00 - 15:25:45	15:25:45	15:35:45	15:38:45 - 15:42:30
RUS	ANISIMOCA Evgenia SHOKHIN Danila	14:25:45 - 14:55:45	14:55:45 - 15:20:45	15:20:45	15:25:45 - 15:29:30	15:29:30	15:39:30	15:42:30 - 15:46:15
TPE	WAN-CHEN Lai LIU Yi-Chun	14:29:30 - 14:59:30	14:59:30 - 15:24:30	15:24:30	15:29:30 - 15:33:15	15:33:15	15:43:15	15:46:15 - 15:50:00
FRA	CHANINET Julien JOLY Aurélie	14:33:15 - 15:03:15	15:03:15 - 15:28:15	15:28:15	15:33:15 - 15:37:00	15:37:00	15:47:00	15:50:00 - 15:53:45
ROU	ANTONESCU Cristina BRINZEA Mircea	14:37:00 - 15:07:00	15:07:00 - 15:32:00	15:32:00	15:37:00 - 15:40:45	15:40:45	15:50:45	15:53:45 - 15:57:30
BRA	ANTERO Juliana OLIVEIRA Marcisnei	14:40:45 - 15:10:45	15:10:45 - 15:35:45	15:35:45	15:40:45 - 15:44:30	15:44:30	15:54:30	15:57:30 - 16:01:15
CHN	HE Shijian HUANG Jinxuan	14:44:30 - 15:14:30	15:14:30 - 15:39:30	15:39:30	15:44:30 - 15:48:15	15:48:15	15:58:15	16:01:15 - 16:05:00



Final July 24th, 2009

AEROBIC GYMNASTICS - Individual Men (IM)



RK	FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
			30'	25'	5'	3:30'	10'	3'	03:30
8-counts (Presentation of nations) 7"									19:00:00 19:07:00
4			17:50:30 - 18:20:30	18:20:30 - 18:45:30	18:45:30	18:50:30 - 18:54:00	18:54:00	19:04:00	19:07:00 - 19:10:30
1			17:54:00 - 18:24:00	18:24:00 - 18:49:00	18:49:00	18:54:00 - 18:57:30	18:57:30	19:07:30	19:10:30 - 19:14:00
2			17:57:30 - 18:27:30	18:27:30 - 18:52:30	18:52:30	18:57:30 - 19:01:00	19:01:00	19:11:00	19:14:00 - 19:17:30
5			18:01:00 - 18:31:00	18:31:00 - 18:56:00	18:56:00	19:01:00 - 19:04:30	19:04:30	19:14:30	19:17:30 - 19:21:00
3			18:04:30 - 18:34:30	18:34:30 - 18:59:30	18:59:30	19:04:30 - 19:08:00	19:08:00	19:18:00	19:21:00 - 19:24:30
6			18:08:00 - 18:38:00	18:38:00 - 19:03:00	19:03:00	19:08:00 - 19:11:30	19:11:30	19:21:30	19:24:30 - 19:28:00

AWARD CEREMONY INDIVIDUAL MEN 19:28 - 19:43

AEROBIC GYMNASTICS - Mixed Pairs (MxP)

RK	FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
			30"	25'	5'	3:45'	10'	3'	3.45"
1			18:56:15 - 19:21:15	19:21:15 - 19:21:15	19:21:15	19:26:15 - 19:30:00	19:30:00	19:40:00	19:43:00 - 19:46:45
6			19:00:00 - 19:25:00	19:25:00 - 19:25:00	19:25:00	19:30:00 - 19:33:45	19:33:45	19:43:45	19:46:45 - 19:50:30
4			19:03:45 - 19:28:45	19:28:45 - 19:28:45	19:28:45	19:33:45 - 19:37:30	19:37:30	19:47:30	19:50:30 - 19:54:15
5			19:07:30 - 19:32:30	19:32:30 - 19:32:30	19:32:30	19:37:30 - 19:41:15	19:41:15	19:51:15	19:54:15 - 19:58:00
3			19:11:15 - 19:36:15	19:36:15 - 19:36:15	19:36:15	19:41:15 - 19:45:00	19:45:00	19:55:00	19:58:00 - 20:01:45
2			19:15:00 - 19:40:00	19:40:00 - 19:40:00	19:40:00	19:45:00 - 19:48:45	19:48:45	19:58:45	20:01:45 - 20:05:30

AWARD CEREMONY Mixed Paris 20:06 - 20:21



AEROBIC GYMNASTICS - Training July 25th, 2009



Group	FED	General warm-up from 08:30	Marked floor no music	AER floor with music	Competition floor
			30"	30"	
	FRA - RSA		9:00:00 - 9:30:00	9:30:00 - 10:00:00	
	RUS - BUL		9:30:00 - 10:00:00	10:00:00 - 10:30:00	
	NZL - TPE - HUN		10:00:00 - 10:30:00	10:30:00 - 11:00:00	
	CHN		10:30:00 - 11:00:00	11:00:00 - 11:30:00	
	ROU		11:00:00 - 11:30:00	11:30:00 - 12:00:00	
	RSA - BRA - GER		11:30:00 - 12:00:00	12:00:00 - 12:30:00	
	ESP - VIE - JPN		12:00:00 - 12:30:00	12:30:00 - 13:00:00	
	ITA - POR		12:30:00 - 13:00:00	13:00:00 - 13:30:00	



Qualification July 25th, 2009
AEROBIC GYMNASTICS - Individual Women (IW)

FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
		30'	25'	5'	15''	10'	3''	3.30''
8-counts (Presentation of nations) 7''								15:00:00 15:07:00
FRA	JOLY Aurélie	13:50:30 - 14:20:30	14:20:30 - 14:45:30	14:45:30	14:50:30 - 14:54:00	14:54:00	15:04:00	15:07:00 - 15:10:30
BUL	PARICHKOVA Denitsa	13:54:00 - 14:24:00	14:24:00 - 14:49:00	14:49:00	14:54:00 - 14:57:30	14:57:30	15:07:30	15:10:30 - 15:14:00
CHN	HUANG Jinxuan	13:57:30 - 14:27:30	14:27:30 - 14:52:30	14:52:30	14:57:30 - 15:01:00	15:01:00	15:11:00	15:14:00 - 15:17:30
ESP	DASSAEVA Elmira	14:01:00 - 14:31:00	14:31:00 - 14:56:00	14:56:00	15:01:00 - 15:04:30	15:04:30	15:14:30	15:17:30 - 15:21:00
BRA	LOPEZ Maarcela	14:04:30 - 14:34:30	14:34:30 - 14:59:30	14:59:30	15:04:30 - 15:08:00	15:08:00	15:18:00	15:21:00 - 15:24:30
ROU	NEDELSCU Cristina	14:08:00 - 14:38:00	14:38:00 - 15:03:00	15:03:00	15:08:00 - 15:11:30	15:11:30	15:21:30	15:24:30 - 15:28:00
NZL	McMILLAN Angela	14:11:30 - 14:41:30	14:41:30 - 15:06:30	15:06:30	15:11:30 - 15:15:00	15:15:00	15:25:00	15:28:00 - 15:31:30
ITA	BIANCHI Giulia	14:15:00 - 14:45:00	14:45:00 - 15:10:00	15:10:00	15:15:00 - 15:18:30	15:18:30	15:28:30	15:31:30 - 15:35:00

AEROBIC GYMNASTICS - Trio (TR)

FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
		30'	25'	5'	3:45'	10'	3''	3.45''
BRA	LINS Leonardo LOPEZ Marina LOPEZ Marcela	14:18:15 14:48:15	14:48:15 15:13:15	15:13:15	15:18:15 15:22:00	15:22:00	15:32:00	15:35:00 - 15:38:45
ROU	BRINZEA Mireca MAVRODINEANU Tudorel ZAMFIR Mireca	14:22:00 - 14:52:00	14:52:00 - 15:17:00	15:17:00	15:22:00 - 15:25:45	15:25:45	15:35:45	15:38:45 - 15:42:30
RUS	KONDRATICHEV Alex. SHISHIGIN Anton TIKHOMIROV Arseny	14:25:45 - 14:55:45	14:55:45 - 15:20:45	15:20:45	15:25:45 - 15:29:30	15:29:30	15:39:30	15:42:30 - 15:46:15
ITA	CAFORIO Antonio IAIA Vito PAGLIUCA Emanuele	14:29:30 - 14:59:30	14:59:30 - 15:24:30	15:24:30	15:29:30 - 15:33:15	15:33:15	15:43:15	15:46:15 - 15:50:00
CHN	TAO Le YU Wei ZHANG Peng	14:33:15 - 15:03:15	15:03:15 - 15:28:15	15:28:15	15:33:15 - 15:37:00	15:37:00	15:47:00	15:50:00 - 15:53:45
VIE	NGUYEN Tien Phuong VU Ba Dong TRAN Thi Thu Ha	14:37:00 - 15:07:00	15:07:00 - 15:32:00	15:32:00	15:37:00 - 15:40:45	15:40:45	15:50:45	15:53:45 - 15:57:30
FRA	GARAVEL Benjamin GARAVEL Nicolas JACQUEMIN Morgan	14:40:45 - 15:10:45	15:10:45 - 15:35:45	15:35:45	15:40:45 - 15:44:30	15:44:30	15:54:30	15:57:30 - 16:01:15
TPE	CHANG Chin-Ya HSU Shu-Miao PENG Chia Yu	14:44:30 - 15:14:30	15:14:30 - 15:39:30	15:39:30	15:44:30 - 15:48:15	15:48:15	15:58:15	16:01:15 - 16:05:00

AEROBIC GYMNASTICS - Groups (GR)

FED	Name	General warm-up	Marked floor no music	Transfer	AER floor with music	Transfer	Waiting aera	Competition
		30"	25'	5'	3:45'	10'	3'	3:45'
FRA	ALIMELIE Dorian CHANINET Julien DELIERS Mathieu GARAVEL Benjamin GARAVEL Nicolas JACQUEMIN Morgan	14:48:15 - 15:18:15	15:18:15 - 15:43:15	15:43:15	15:48:15 - 15:52:00	15:52:00	16:02:00	16:05:00 - 16:08:45
GER	DAUBNER Janka GRAF Katja SCHUMANN Astrid TAUBITZ Sandra ZOSEL Juliane PIEPIORRA Isabell	14:52:00 - 15:22:00	15:22:00 - 15:47:00	15:47:00	15:52:00 - 15:55:45	15:55:45	16:05:45	16:08:45 - 16:12:30
CHN	CHE Lei HE Shijian NI Zhenhua TAO Le QIN Yong WANG Pei	14:55:45 - 15:25:45	15:25:45 - 15:50:45	15:50:45	15:55:45 - 15:59:30	15:59:30	16:09:30	16:12:30 - 16:16:15
ITA	BIANCHI Giulia CUICCI Arianna GIUGNO Ylenia MANCINI Manuela MILANI Lisa PUGLIESE Manuela	14:59:30 - 15:29:30	15:29:30 - 15:54:30	15:54:30	15:59:30 - 16:03:15	16:03:15	16:13:15	16:16:15 - 16:20:00

ROU	CRISTACHE Laura CONSTANTIN Oanna HOTCA Nadina NEDELCU Cristina SURDU Anca	15:03:15 - 15:33:15	15:33:15 - 15:58:15	15:58:15	16:03:15 - 16:07:00	16:07:00	16:17:00	16:20:00 - 16:23:45
RUS	FARAKSHATVO Ruslan KONDRATICHEV Alenxander NAZAR'EV Mikhail SHISHIGIN Anton TIKHOMIROV Arseny TRUSHKOV Igor	15:07:00 - 15:37:00	15:37:00 - 16:02:00	16:02:00	16:07:00 - 16:10:45	16:10:45	16:20:45	16:23:45 - 16:27:30
HUN	BAKO Anett HEGYI Dora KOKENYESI Noemi NAGY Dornia SZALOKI Emese SZORENYI Agota	15:10:45 - 15:40:45	15:40:45 - 16:05:45	16:05:45	16:10:45 - 16:14:30	16:14:30	16:24:30	16:27:30 - 16:31:15
JPN	KOMATUDA Aoi OMORI Saika SATO Shiori TAKEUCHI Asami UEDA Maho YOSHIYAMA Kiyomi	15:14:30 - 15:44:30	15:44:30 - 16:09:30	16:09:30	16:14:30 - 16:18:15	16:18:15	16:28:15	16:31:15 - 16:35:00



Final July 25th, 2009



AEROBIC GYMNASTICS - Individual Women (IW)

RK	FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
			30'	25'	5'	3:30'	10'	3'	03:30
8-counts (Presentation of nations) 7"									19:00:00 19:07:00
1			17:50:30 - 18:20:30	18:20:30 - 18:45:30	18:45:30	18:50:30 - 18:54:00	18:54:00	19:04:00	19:07:00 - 19:10:30
6			17:54:00 - 18:24:00	18:24:00 - 18:49:00	18:49:00	18:54:00 - 18:57:30	18:57:30	19:07:30	19:10:30 - 19:14:00
2			17:57:30 - 18:27:30	18:27:30 - 18:52:30	18:52:30	18:57:30 - 19:01:00	19:01:00	19:11:00	19:14:00 - 19:17:30
5			18:01:00 - 18:31:00	18:31:00 - 18:56:00	18:56:00	19:01:00 - 19:04:30	19:04:30	19:14:30	19:17:30 - 19:21:00
3			18:04:30 - 18:34:30	18:34:30 - 18:59:30	18:59:30	19:04:30 - 19:08:00	19:08:00	19:18:00	19:21:00 - 19:24:30
4			18:08:00 - 18:38:00	18:38:00 - 19:03:00	19:03:00	19:08:00 - 19:11:30	19:11:30	19:21:30	19:24:30 - 19:28:00

AWARD CEREMONY INDIVIDUAL WOMEN 19:28 - 19:43

AEROBIC GYMNASTICS - Trios (TR)

RK	FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
			30'	25'	5'	3:45'	10'	3'	3:45'
6			18:26:15 - 18:56:15	18:56:15 - 19:21:15	19:21:15	19:26:15 - 19:30:00	19:30:00	19:40:00	19:43:00 - 19:46:45
1			18:30:00 - 19:00:00	19:00:00 - 19:25:00	19:25:00	19:30:00 - 19:33:45	19:33:45	19:43:45	19:46:45 - 19:50:30
5			18:33:45 - 19:03:45	19:03:45 - 19:28:45	19:28:45	19:33:45 - 19:37:30	19:37:30	19:47:30	19:50:30 - 19:54:15
2			18:37:30 - 19:07:30	19:07:30 - 19:32:30	19:32:30	19:37:30 - 19:41:15	19:41:15	19:51:15	19:54:15 - 19:58:00
3			18:41:15 - 19:11:15	19:11:15 - 19:36:15	19:36:15	19:41:15 - 19:45:00	19:45:00	19:55:00	19:58:00 - 20:01:45
4			18:45:00 - 19:15:00	19:15:00 - 19:40:00	19:40:00	19:45:00 - 19:48:45	19:48:45	19:58:45	20:01:45 - 20:05:30

AWARD CEREMONY TRIOS 20:06 - 20:21



AEROBIC GYMNASTICS - Groups (GR)

RK	FED	Name	General warm-up	Specific warm up no music	Transfer	Routine with music	Transfer	Waiting aera	Competition
			30'	25'	5'	3:45'	10'	3'	3:45'
5			19:04:15 - 19:34:15	19:34:15 - 19:59:15	19:59:15	20:04:15 - 20:08:00	20:08:00	20:18:00	20:21:00 - 20:24:45
2			19:08:00 - 19:38:00	19:38:00 - 20:03:00	20:03:00	20:08:00 - 20:11:45	20:11:45	20:21:45	20:24:45 - 20:28:30
6			19:11:45 - 19:41:45	19:41:45 - 20:06:45	20:06:45	20:11:45 - 20:15:30	20:15:30	20:25:30	20:28:30 - 20:32:15
3			19:15:30 - 19:45:30	19:45:30 - 20:10:30	20:10:30	20:15:30 - 20:19:15	20:19:15	20:29:15	20:32:15 - 20:36:00
4			19:19:15 - 19:49:15	19:49:15 - 20:14:15	20:14:15	20:19:15 - 20:23:00	20:23:00	20:33:00	20:36:00 - 20:39:45
1			19:23:00 - 19:53:00	19:53:00 - 20:18:00	20:18:00	20:23:00 - 20:26:45	20:26:45	20:36:45	20:39:45 - 20:43:30

AWARD CEREMONY GROUPS 20:44 - 20:59