

AER FIG OPEN COMPETITION – Training Schedule

| # | Number of Units | NF / Club | Day / Time for Training | | Warm Up | | Podium | |
|----|-----------------|------------------|-------------------------|------------------------|---------|----------|--------|--------|
| | | | 17 th March | 18 th March | General | Specific | Start | Finish |
| 1 | 28 | POR-ACG | 01:24 | | 10:00 | 10:30 | 11:00 | 12:24 |
| 2 | 5 | POR-A4G | 00:15 | | 11:24 | 11:54 | 12:24 | 12:39 |
| 3 | 5 | POR-AGCM | 00:15 | | 11:39 | 12:09 | 12:39 | 12:54 |
| 4 | 1 | POR-A4G/ACG | 00:03 | | 11:54 | 12:24 | 12:54 | 12:57 |
| 5 | 1 | POR-A4G/ACG/AGCM | 00:03 | | 11:57 | 12:27 | 12:57 | 13:00 |
| 6 | 1 | POR-A4G/ACG/URD | 00:03 | | 12:00 | 12:30 | 13:00 | 13:03 |
| | | | | | | | | |
| 7 | 12 | POR-URD | 00:36 | | 14:00 | 14:30 | 15:00 | 15:36 |
| 8 | 3 | POR-GDUC | 00:09 | | 14:36 | 15:06 | 15:36 | 15:45 |
| 9 | 5 | POR-ABGC | 00:15 | | 14:45 | 15:15 | 15:45 | 16:00 |
| 10 | 1 | POR-CUAB | 00:03 | | 15:00 | 15:30 | 16:00 | 16:03 |
| 11 | 10 | POR-GUIM | 00:30 | | 15:03 | 15:33 | 16:03 | 16:33 |
| 12 | 25 | POR-CAGPD | 01:15 | | 15:33 | 16:03 | 16:33 | 17:48 |
| | | | | | | | | |
| 13 | 8 | TURKEY | | 00:24 | 9:30 | 10:00 | 10:30 | 10:54 |
| 14 | 26 | CZECHIA | | 01:18 | 9:54 | 10:24 | 10:54 | 12:12 |
| 15 | 15 | GREECE | | 00:45 | 11:12 | 11:42 | 12:12 | 12:57 |
| | | | | | | | | |
| 16 | 26 | LITHUANIA | | 01:18 | 14:00 | 14:30 | 15:00 | 16:18 |
| 17 | 8 | ESP-CALAFELL | | 00:24 | 15:18 | 15:48 | 16:18 | 16:42 |
| 18 | 20 | UKRAINE | | 01:00 | 15:42 | 16:12 | 16:42 | 17:42 |
| | | | | | | | | |
| 19 | 1 | FRANCE | | 00:03 | 17:45 | 18:15 | 18:45 | 18:48 |
| 20 | 6 | ITALY | | 00:18 | 17:48 | 18:18 | 18:48 | 19:06 |
| | | | | | | | | |
| 21 | 5 | HUNGARY | | 00:15 | 18:30 | 19:00 | 19:30 | 19:45 |
| 22 | 5 | AZERBAIJAN | | 00:15 | 18:45 | 19:15 | 19:45 | 20:00 |
| | | | | | | | | |
| 23 | 4 | SPAIN | | 00:12 | 19:30 | 20:00 | 20:30 | 20:42 |

AER FIG WORLD CUP – Training Schedule 1

| # | Number of Units | NF | Day / Time for Training | Warm Up | | Podium | |
|----|-----------------|-----|-------------------------|---------|----------|--------|--------|
| | | | 20 th March | General | Specific | Start | Finish |
| 1 | 5 | AZE | 00:15 | 8:30 | 9:00 | 9:30 | 9:45 |
| 2 | 9 | ESP | 00:27 | 8:45 | 9:15 | 9:45 | 10:12 |
| 3 | 5 | FRA | 00:15 | 9:12 | 9:42 | 10:12 | 10:27 |
| 4 | 5 | GBR | 00:15 | 9:27 | 9:57 | 10:27 | 10:42 |
| 5 | 9 | POR | 00:27 | 9:42 | 10:12 | 10:42 | 11:09 |
| 6 | 1 | SVK | 00:03 | 10:09 | 10:39 | 11:09 | 11:12 |
| 7 | 4 | CZE | 00:12 | 10:12 | 10:42 | 11:12 | 11:24 |
| 8 | 1 | GRE | 00:03 | 10:24 | 10:54 | 11:24 | 11:27 |
| 9 | 1 | HUN | 00:03 | 10:27 | 10:57 | 11:27 | 11:30 |
| 10 | 8 | ITA | 00:24 | 10:30 | 11:00 | 11:30 | 11:54 |
| 11 | 3 | LTU | 00:09 | 10:54 | 11:24 | 11:54 | 12:03 |
| 12 | 4 | UKR | 00:12 | 11:03 | 11:33 | 12:03 | 12:15 |

AER FIG WORLD CUP – Training Schedule 2

| # | Number of Units | NF | Day / Time for Training | Warm Up | | Podium | |
|----|-----------------|-----|-------------------------|---------|----------|--------|--------|
| | | | 21 st March | General | Specific | Start | Finish |
| 1 | 1 | SVK | 00:03 | 8:30 | 9:00 | 9:30 | 9:33 |
| 2 | 9 | POR | 00:27 | 8:33 | 9:03 | 9:33 | 10:00 |
| 3 | 5 | GBR | 00:15 | 9:00 | 9:30 | 10:00 | 10:15 |
| 4 | 5 | FRA | 00:15 | 9:15 | 9:45 | 10:15 | 10:30 |
| 5 | 9 | ESP | 00:27 | 9:30 | 10:00 | 10:30 | 10:57 |
| 6 | 5 | AZE | 00:15 | 9:57 | 10:27 | 10:57 | 11:12 |
| 7 | 4 | UKR | 00:12 | 10:12 | 10:42 | 11:12 | 11:24 |
| 8 | 3 | LTU | 00:09 | 10:24 | 10:54 | 11:24 | 11:33 |
| 9 | 8 | ITA | 00:24 | 10:33 | 11:03 | 11:33 | 11:57 |
| 10 | 1 | HUN | 00:03 | 10:57 | 11:27 | 11:57 | 12:00 |
| 11 | 1 | GRE | 00:03 | 11:00 | 11:30 | 12:00 | 12:03 |
| 12 | 4 | CZE | 00:12 | 11:03 | 11:33 | 12:03 | 12:15 |