

**2024 TRISOME GAMES**  
**ARTİSTİK - RHYTHMIC GYMNASTICS**  
**19 - 26 MARCH 2024 / ANTALYA**



***WORK PLAN***



**2024 TRISOME GAMES**  
**ARTİSTİK - RHYTHMIC GYMNASTICS**  
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<b>Day 1</b>		<b>19 March 2024</b>	
All Day	Official Arrival of the Delegations	MAG-WAG-RG	Grand park Lara
12:00-14:00	Lunch	MAG-WAG-RG	Grand park Lara
14:00	Transfer from hotel to hall	MAG-WAG-RG	Competition Hall
15:00-18:30	Official Training	MAG-WAG-RG	Competition Hall
15:00-18:30	Official Training	MAG-WAG-RG	Competition Hall
19:00	Transfer from hotel to hall and dinner	MAG-WAG-RG	Grand Park Lara
<b>Day 2</b>		<b>20 March 2024</b>	
<b>11:00</b>	<b>Opening Ceremony -Antalya Sports Hall</b>		
14:00	Transfer from hotel to hall	MAG-WAG-RG	Competition Hall
15:00-18:00	Official Training	MAG-WAG-RG	Competition Hall
16:00-18:00	Judges Briefing	MAG-WAG-RG	Competition Hall
18:15	Transfer from hotel to hall and dinner	MAG-WAG-RG	Grand Park Lara
20:30-21:30	Orientation Meeting (Technical Meeting)	MAG-WAG-RG	Grand Park Lara
<b>Day 3</b>		<b>21 March 2024</b>	
8:00	Transfer from hotel to hall	WAG-RG	Competition Hall
08:45-09:45	Judges Briefing	WAG-RG	Meeting Room
09:00-10:00	General Warm up	WAG-RG	Competition Hall
10:00-12:40	Qualification CIII & All Around	WAG-RG	Competition Hall
10:00-12:00	Executive Committee Meeting		Meeting Room
13:00	Transfer from hall to hotel	WAG-RG	Competition Hall
14:00-15:00	Lunch	MAG-WAG-RG	Grand Park Lara
15:00	Transfer from hotel to hall	MAG-WAG-RG	Grand Park Lara
16:00-17:00	General Warm up	MAG	Competition Hall
16:00-16:45	Judges Briefing	MAG	Meeting Room
17:00-19:00	Qualification CIII & All Around	MAG	Competition Hall
19:15-19:45	Awards Ceremony for All Around	MAG-WAG-RG	Competition Hall
20:00	Transfer from hall to hotel	MAG-WAG-RG	Grand Park Lara
<b>Day 4</b>		<b>22 March 2024</b>	
8:00	Transfer from hotel to the hall	RG	Competition Hall
09:00-09:45	Judges Briefing	RG	Meeting Room
09:00-10:00	General Warm Up	RG	Competition Hall
10:00-12:00	Executive Committee Meeting		Meeting Room
10:00-12:00	Apparatus Final	RG	Competition Hall
12:15	Transfer from hotel to hall	RG	Competition Hall
13:00-14:00	Lunch	MAG-WAG-RG	Grand Park Lara
14:00	Transfer from hotel to hall	MAG-WAG-RG	Competition Hall
15:00-15:45	Judges Briefing	MAG-WAG	Competition Hall
15:00-16:00	General Warm up	MAG-WAG	Competition Hall
16:00-19:00	Apparatus Final	MAG-WAG	Competition Hall
19:15-19:45	Awards Ceremony for Apparatus Final	MAG-WAG-RG	Competition Hall
19:30	Transfer from hall to hotel	MAG-WAG-RG	Grand Park Lara
<b>Day 5</b>		<b>23 March 2024</b>	
All Day	Free Day	MAG-WAG-RG	
Party			

## GROUPS & DRAW

17.03.2024

As per nominativ registration:

9 Countries and 41 Participant

MAG	
Norway	6
South Africa	1
Bulgaria	3
Russia	1
Türkiye	4
Italy	3
Lithuania	
Estonia	
Mexico	







Participant: 18 6 Countries





WAG	
Russia	1
Lithuania	3
Estonia	1
Türkiye	3
Mexico	3

Participant: 11 5 Countries

RG	
Bulgaria	2
Russia	6
South Africa	1
Türkiye	2
Italy	1

Participant: 12 5 Countries

Composition of the groups After Draw - MAG						
Group	FX	PH	SR	VT	PB	HB
						
Subdivision 1						

Composition of the groups After Draw - WAG				
Group	VT	UB	BB	FX
				
Subdivision 1				

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**FREE TRAINING DAY (TRAINING HALL)**

**MAG\_1 15:00 -15:30 MAG - Warm Up**

**19 March 2024**

Group 1	00:35	TIME	FX 	PH 	SR 	VT 	PB 	HB 
Rot 1	15:30 - 16:05	15:30-17:00		Free_Training_	Free_Training_	Free_Training_	Free_Training_	17:00-18:30__
Rot 2	16:05 - 16:40			Free_Training_	Free_Training_	Free_Training_	Free_Training_	
Rot 3	16:40 - 17:15			Free_Training_	Free_Training_	Free_Training_	Free_Training_	
Rot 4	17:15 - 17:50			Free_Training_	Free_Training_	Free_Training_	Free_Training_	
Rot 5	17:50 - 18:25							

**WAG\_1 09:30-10:00 WAG - Warm Up**

WAG	00:40	TIME	VT 	UB 	BB 	FX 
1 ROT	10:00 - 10:40	15:30-17:00__		Free_Training_	Free_Training_	17:0018:30__
2 ROT	10:40 - 11:20			Free_Training_	Free_Training_	
3 ROT	11:20 - 12:00					





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**FREE TRAINING DAY (TRAINING HALL)**

**MAG**

**15:00 -15:30 MAG - Warm Up**

**20 March 2024**

Group 1	00:35	TIME	FX 	PH 	SR 	VT 	PB 	HB 
Rot 1	15:30	- 16:05	15:30-17:00	Group 1__	Group 2__	__	__	17:00-18:30__
Rot 2	16:05	- 16:40		__	Group 1__	Group 2__	__	
Rot 3	16:40	- 17:15		__	__	Group 1__	Group 2__	
Rot 4	17:15	- 17:50		Group 2__	__	__	Group 1__	
Rot 5	17:50	- 18:25						

**WAG**

**09:30-10:00 WAG - Warm Up**

WAG	00:40	TIME	VT 	UB 	BB 	FX 
1 ROT	10:00	- 10:40	15:30-17:00__	Group 1__	Group 2__	17:00-18:30__
2 ROT	10:40	- 11:20		Group 2__	Group 1__	
3 ROT	11:20	- 12:00				



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COMPETITION DAY (MAG)  
21 March 2023

**\*\* WAG-COMPETITION \*\***

09:00-09:55 WAG General Warm Up (Competition Hall)



Sub 1	00:30	TIME	VT	UB	BB	FX
Rot 1	10:00	10:30	GROUP 1	GROUP 2	GROUP 3	
Rot 2	10:30	11:00		GROUP 1	GROUP 2	GROUP 3
Rot 3	11:00	11:30	GROUP 3		GROUP 1	GROUP 2
Rot 4	11:30	12:00	GROUP 2	GROUP 3		GROUP 1


**\*\*\*MAG COMPETITION\*\*\***


16:00-16:55 MAG General Warm Up (Competition Hall)





Sub 1	00:20	TIME	FX	PH	SR	VT	PB	HB
Rot 1	17:00	17:20	GROUP 1	GROUP 2	GROUP 3			
Rot 2	17:20	17:40		GROUP 1	GROUP 2	GROUP 3		
Rot 3	17:40	18:00			GROUP 1	GROUP 2	GROUP 3	
Rot 4	18:00	18:20				GROUP 1	GROUP 2	GROUP 3
Rot 5	18:20	18:40	GROUP 3				GROUP 1	GROUP 2
Rot 6	18:40	19:00	GROUP 2	GROUP 3				GROUP 1


MAG-WAG Apparatus Finals (CIII)  
23 September 2023


		<b>FX</b>		<b>MAG</b>	
	09:26	March In			Rk
	09:28	Warm up			
1	09:30	<b>191</b>	GYMNAST 1		7
2	09:34	<b>192</b>	GYMNAST 2		5
3	09:38	<b>193</b>	GYMNAST 3		3
4	09:42	<b>194</b>	GYMNAST 4		8
	09:46	Warm up			
5	09:48	<b>195</b>	GYMNAST 5		1
6	09:52	<b>196</b>	GYMNAST 6		2
7	09:56	<b>197</b>	GYMNAST 7		4
8	10:00	<b>198</b>	GYMNAST 8		6
	<b>10:04</b>	<b>March Out</b>			


		<b>VT</b>		<b>WAG</b>	
	09:26	March In			Rk
	09:28	Warm up			
1	09:32	<b>191</b>	GYMNAST 1		7
2	09:36	<b>192</b>	GYMNAST 2		8
3	09:40	<b>193</b>	GYMNAST 3		5
4	09:44	<b>194</b>	GYMNAST 4		1
5	09:50	<b>195</b>	GYMNAST 5		3
6	09:54	<b>196</b>	GYMNAST 6		6
7	09:58	<b>197</b>	GYMNAST 7		2
8	10:02	<b>198</b>	GYMNAST 8		4
	<b>10:04</b>	<b>March Out</b>			


		<b>PH</b>		<b>MAG</b>	
	10:05	March In			Rk
	10:06	Warm up			
1	10:08	<b>191</b>	GYMNAST 1		3
2	10:12	<b>192</b>	GYMNAST 2		5
3	10:16	<b>193</b>	GYMNAST 3		4
4	10:20	<b>194</b>	GYMNAST 4		6
	10:24	Warm up			
5	10:26	<b>195</b>	GYMNAST 5		1
6	10:30	<b>196</b>	GYMNAST 6		7
7	10:34	<b>197</b>	GYMNAST 7		2
8	10:38	<b>198</b>	GYMNAST 8		8
	<b>10:42</b>	<b>March Out</b>			


		<b>UB</b>		<b>WAG</b>	
	10:05	March In			Rk
	10:06	Warm up			
1	10:10	<b>191</b>	GYMNAST 1		2
2	10:14	<b>192</b>	GYMNAST 2		5
3	10:18	<b>193</b>	GYMNAST 3		3
4	10:22	<b>194</b>	GYMNAST 4		1
5	10:28	<b>195</b>	GYMNAST 5		7
6	10:32	<b>196</b>	GYMNAST 6		8
7	10:36	<b>197</b>	GYMNAST 7		4
8	10:40	<b>198</b>	GYMNAST 8		6
	<b>10:42</b>	<b>March Out</b>			


		<b>SR</b>		<b>MAG</b>	
	10:43	March In			Rk
	10:44	Warm up			
1	10:46	<b>191</b>	GYMNAST 1		6
2	10:50	<b>192</b>	GYMNAST 2		3
3	10:54	<b>193</b>	GYMNAST 3		1
4	10:58	<b>194</b>	GYMNAST 4		2
	11:02	Warm up			
5	11:04	<b>195</b>	GYMNAST 5		8
6	11:08	<b>196</b>	GYMNAST 6		7
7	11:12	<b>197</b>	GYMNAST 7		5
8	11:16	<b>198</b>	GYMNAST 8		4
	11:20	March Out			

		<b>BB</b>		<b>WAG</b>	
	10:43	March In			Rk
	10:44	Warm up			
1	10:48	<b>191</b>	GYMNAST 1		3
2	10:52	<b>192</b>	GYMNAST 2		6
3	10:56	<b>193</b>	GYMNAST 3		8
4	11:00	<b>194</b>	GYMNAST 4		7
5	11:06	<b>195</b>	GYMNAST 5		2
6	11:10	<b>196</b>	GYMNAST 6		1
7	11:14	<b>197</b>	GYMNAST 7		4
8	11:18	<b>198</b>	GYMNAST 8		5
	11:20	March Out			

		<b>VT</b>		<b>MAG</b>	
	11:21	March In			Rk
	11:22	Warm up			
1	11:24	<b>191</b>	GYMNAST 1		1
2	11:28	<b>192</b>	GYMNAST 2		8
3	11:32	<b>193</b>	GYMNAST 3		6
4	11:36	<b>194</b>	GYMNAST 4		2
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	11:40	Warm up			
5	11:42	<b>195</b>	GYMNAST 5		7
6	11:46	<b>196</b>	GYMNAST 6		4
7	11:50	<b>197</b>	GYMNAST 7		3
8	11:54	<b>198</b>	GYMNAST 8		5
	<b>11:58</b>	<b>March Out</b>			

		<b>FX</b>		<b>WAG</b>	
	11:21	March In			Rk
	11:22	Warm up			
1	11:26	<b>191</b>	GYMNAST 1		6
2	11:30	<b>192</b>	GYMNAST 2		7
3	11:34	<b>193</b>	GYMNAST 3		5
4	11:38	<b>194</b>	GYMNAST 4		4
<hr/>					
5	11:44	<b>195</b>	GYMNAST 5		3
6	11:48	<b>196</b>	GYMNAST 6		2
7	11:52	<b>197</b>	GYMNAST 7		1
8	11:56	<b>198</b>	GYMNAST 8		8
	<b>11:58</b>	<b>March Out</b>			

		<b>HB</b>		<b>MAG</b>	
	11:59	March In			Rk
	12:00	Warm up			
1	12:02	<b>191</b>	GYMNAST 1		3
2	12:05	<b>192</b>	GYMNAST 2		1
3	12:08	<b>193</b>	GYMNAST 3		8
4	12:11	<b>194</b>	GYMNAST 4		5
	12:13	Warm up			
5	12:15	<b>195</b>	GYMNAST 5		2
6	12:18	<b>196</b>	GYMNAST 6		4
7	12:21	<b>197</b>	GYMNAST 7		6
8	12:24	<b>198</b>	GYMNAST 8		7
	12:26	March Out			

		<b>HB</b>		<b>MAG</b>	
	12:27	March In			Rk
	12:28	Warm up			
1	12:30	<b>191</b>	GYMNAST 1		8
2	12:33	<b>192</b>	GYMNAST 2		6
3	12:36	<b>193</b>	GYMNAST 3		7
4	12:39	<b>194</b>	GYMNAST 4		3
	12:41	Warm up			
5	12:43	<b>195</b>	GYMNAST 5		1
6	12:46	<b>196</b>	GYMNAST 6		2
7	12:49	<b>197</b>	GYMNAST 7		4
8	12:52	<b>198</b>	GYMNAST 8		5
	12:54	March Out			

00:03 AWARD CEREMONY

13:00 March In

13:03 **FX** **MAG**

13:06 **VT** **WAG**

13:09 **PH** **MAG**

13:12 **UB** **WAG**

13:15 **SR** **MAG**

13:18 **BB** **WAG**

13:21 **VT** **MAG**

13:24 **FX** **WAG**

13:27 **PB** **MAG**

13:30 **HB** **MAG**

13:33 March Out