

Tokyo 2020 Olympic Games
MEN'S ARTISTIC GYMNASTICS
Training and Competition Schedule

Revised on July 14, 2021



Activity: Training MAG

Date: July 19, 2021

Ariake Gymnastics Centre

Warm-Up Hall

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	09:30 - 12:00						
9:30	10:00	General Warm-Up						
10:00	10:20	MxG 1	UKR	ROC	CHN	MxG 3	ESP	
10:20	10:40	ESP	MxG 1	UKR	ROC	CHN	MxG 3	
10:40	11:00	MxG 3	ESP	MxG 1	UKR	ROC	CHN	
11:00	11:20	CHN	MxG 3	ESP	MxG 1	UKR	ROC	
11:20	11:40	ROC	CHN	MxG 3	ESP	MxG 1	UKR	
11:40	12:00	UKR	ROC	CHN	MxG 3	ESP	MxG 1	

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	15:00 - 17:30						
15:00	15:30	General Warm-Up						
15:30	15:50	SUI	BRA	GBR	MxG 6	JPN	MxG 4	
15:50	16:10	MxG 4	SUI	BRA	GBR	MxG 6	JPN	
16:10	16:30	JPN	MxG 4	SUI	BRA	GBR	MxG 6	
16:30	16:50	MxG 6	JPN	MxG 4	SUI	BRA	GBR	
16:50	17:10	GBR	MxG 6	JPN	MxG 4	SUI	BRA	
17:10	17:30	BRA	GBR	MxG 6	JPN	MxG 4	SUI	

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	19:00 - 21:30						
19:00	19:30	General Warm-Up						
19:30	19:50	GER	TPE	MxG 5	MxG 2	USA	KOR	
19:50	20:10	KOR	GER	TPE	MxG 5	MxG 2	USA	
20:10	20:30	USA	KOR	GER	TPE	MxG 5	MxG 2	
20:30	20:50	MxG 2	USA	KOR	GER	TPE	MxG 5	
20:50	21:10	MxG 5	MxG 2	USA	KOR	GER	TPE	
21:10	21:30	TPE	MxG 5	MxG 2	USA	KOR	GER	



Activity: Training MAG

Date: July 19, 2021

Tokyo Big Sight

MAG Training Hall 1

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	08:35 - 10:20						
8:35	8:50	General Warm-Up						
8:50	9:05	SUI	BRA	GBR	MxG 6	JPN	MxG 4	
9:05	9:20	MxG 4	SUI	BRA	GBR	MxG 6	JPN	
9:20	9:35	JPN	MxG 4	SUI	BRA	GBR	MxG 6	
9:35	9:50	MxG 6	JPN	MxG 4	SUI	BRA	GBR	
9:50	10:05	GBR	MxG 6	JPN	MxG 4	SUI	BRA	
10:05	10:20	BRA	GBR	MxG 6	JPN	MxG 4	SUI	

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	12:35 - 14:20						
12:35	12:50	General Warm-Up						
12:50	13:05	GER	TPE	MxG 5	MxG 2	USA	KOR	
13:05	13:20	KOR	GER	TPE	MxG 5	MxG 2	USA	
13:20	13:35	USA	KOR	GER	TPE	MxG 5	MxG 2	
13:35	13:50	MxG 2	USA	KOR	GER	TPE	MxG 5	
13:50	14:05	MxG 5	MxG 2	USA	KOR	GER	TPE	
14:05	14:20	TPE	MxG 5	MxG 2	USA	KOR	GER	

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	16:35 - 18:20						
16:35	16:50	General Warm-Up						
16:50	17:05	MxG 1	UKR	ROC	CHN	MxG 3	ESP	
17:05	17:20	ESP	MxG 1	UKR	ROC	CHN	MxG 3	
17:20	17:35	MxG 3	ESP	MxG 1	UKR	ROC	CHN	
17:35	17:50	CHN	MxG 3	ESP	MxG 1	UKR	ROC	
17:50	18:05	ROC	CHN	MxG 3	ESP	MxG 1	UKR	
18:05	18:20	UKR	ROC	CHN	MxG 3	ESP	MxG 1	



Activity: Training MAG

Date: July 20, 2021

Tokyo Big Sight

MAG Training Hall 1

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	11:15 - 12:45						
11:15	11:33	General Warm-Up						
11:33	11:45	GER	TPE	MxG 5	MxG 2	USA	KOR	
11:45	11:57	KOR	GER	TPE	MxG 5	MxG 2	USA	
11:57	12:09	USA	KOR	GER	TPE	MxG 5	MxG 2	
12:09	12:21	MxG 2	USA	KOR	GER	TPE	MxG 5	
12:21	12:33	MxG 5	MxG 2	USA	KOR	GER	TPE	
12:33	12:45	TPE	MxG 5	MxG 2	USA	KOR	GER	

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	18:30 - 20:00						
18:30	18:48	General Warm-Up						
18:48	19:00	SUI	BRA	GBR	MxG 6	JPN	MxG 4	
19:00	19:12	MxG 4	SUI	BRA	GBR	MxG 6	JPN	
19:12	19:24	JPN	MxG 4	SUI	BRA	GBR	MxG 6	
19:24	19:36	MxG 6	JPN	MxG 4	SUI	BRA	GBR	
19:36	19:48	GBR	MxG 6	JPN	MxG 4	SUI	BRA	
19:48	20:00	BRA	GBR	MxG 6	JPN	MxG 4	SUI	

MAG Training Hall 2

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	08:30 - 11:00						
8:30	9:00	General Warm-Up						
9:00	9:20	MxG 1	UKR	ROC	CHN	MxG 3	ESP	
9:20	9:40	ESP	MxG 1	UKR	ROC	CHN	MxG 3	
9:40	10:00	MxG 3	ESP	MxG 1	UKR	ROC	CHN	
10:00	10:20	CHN	MxG 3	ESP	MxG 1	UKR	ROC	
10:20	10:40	ROC	CHN	MxG 3	ESP	MxG 1	UKR	
10:40	11:00	UKR	ROC	CHN	MxG 3	ESP	MxG 1	

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	11:30 - 14:00						
11:30	12:00	General Warm-Up						
12:00	12:20	SUI	BRA	GBR	MxG 6	JPN	MxG 4	
12:20	12:40	MxG 4	SUI	BRA	GBR	MxG 6	JPN	
12:40	13:00	JPN	MxG 4	SUI	BRA	GBR	MxG 6	
13:00	13:20	MxG 6	JPN	MxG 4	SUI	BRA	GBR	
13:20	13:40	GBR	MxG 6	JPN	MxG 4	SUI	BRA	
13:40	14:00	BRA	GBR	MxG 6	JPN	MxG 4	SUI	

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	15:30 - 17:00						
15:30	15:48	General Warm-Up						
15:48	16:00	MxG 1	UKR	ROC	CHN	MxG 3	ESP	
16:00	16:12	ESP	MxG 1	UKR	ROC	CHN	MxG 3	
16:12	16:24	MxG 3	ESP	MxG 1	UKR	ROC	CHN	
16:24	16:36	CHN	MxG 3	ESP	MxG 1	UKR	ROC	
16:36	16:48	ROC	CHN	MxG 3	ESP	MxG 1	UKR	
16:48	17:00	UKR	ROC	CHN	MxG 3	ESP	MxG 1	

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	17:15 - 19:45						
17:15	17:45	General Warm-Up						
17:45	18:05	GER	TPE	MxG 5	MxG 2	USA	KOR	
18:05	18:25	KOR	GER	TPE	MxG 5	MxG 2	USA	
18:25	18:45	USA	KOR	GER	TPE	MxG 5	MxG 2	
18:45	19:05	MxG 2	USA	KOR	GER	TPE	MxG 5	
19:05	19:25	MxG 5	MxG 2	USA	KOR	GER	TPE	
19:25	19:45	TPE	MxG 5	MxG 2	USA	KOR	GER	



Activity: Men's Podium Training

Date: July 21, 2021

Ariake Gymnastics Centre

Warm-Up Hall

FOP

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	07:55 - 09:45					
7:55	8:15	General Warm-Up					
8:15	8:30	ESP	MxG 1	UKR	ROC	CHN	MxG 3
8:30	8:45	MxG 3	ESP	MxG 1	UKR	ROC	CHN
8:45	9:00	CHN	MxG 3	ESP	MxG 1	UKR	ROC
9:00	9:15	ROC	CHN	MxG 3	ESP	MxG 1	UKR
9:15	9:30	UKR	ROC	CHN	MxG 3	ESP	MxG 1
9:30	9:45	MxG 1	UKR	ROC	CHN	MxG 3	ESP

Sub 1		Podium Training					
Start	Finish	10:00 - 12:30					
		1st Call 9:48			March In 9:56		
10:00	12:30	MxG 1	UKR	ROC	CHN	MxG 3	ESP
		ESP	MxG 1	UKR	ROC	CHN	MxG 3
		MxG 3	ESP	MxG 1	UKR	ROC	CHN
		CHN	MxG 3	ESP	MxG 1	UKR	ROC
		ROC	CHN	MxG 3	ESP	MxG 1	UKR
		UKR	ROC	CHN	MxG 3	ESP	MxG 1
		UKR	ROC	CHN	MxG 3	ESP	MxG 1

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	12:25 - 14:15					
12:25	12:45	General Warm-Up					
12:45	13:00	MxG 4	SUI	BRA	GBR	MxG 6	JPN
13:00	13:15	JPN	MxG 4	SUI	BRA	GBR	MxG 6
13:15	13:30	MxG 6	JPN	MxG 4	SUI	BRA	GBR
13:30	13:45	GBR	MxG 6	JPN	MxG 4	SUI	BRA
13:45	14:00	BRA	GBR	MxG 6	JPN	MxG 4	SUI
14:00	14:15	SUI	BRA	GBR	MxG 6	JPN	MxG 4

Sub 2		Podium Training					
Start	Finish	14:30 - 17:00					
		1st Call 14:18			March In 14:26		
14:30	17:00	SUI	BRA	GBR	MxG 6	JPN	MxG 4
		MxG 4	SUI	BRA	GBR	MxG 6	JPN
		JPN	MxG 4	SUI	BRA	GBR	MxG 6
		MxG 6	JPN	MxG 4	SUI	BRA	GBR
		GBR	MxG 6	JPN	MxG 4	SUI	BRA
		BRA	GBR	MxG 6	JPN	MxG 4	SUI
		BRA	GBR	MxG 6	JPN	MxG 4	SUI

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	17:25 - 19:15					
17:25	17:45	General Warm-Up					
17:45	18:00	KOR	GER	TPE	MxG 5	MxG 2	USA
18:00	18:15	USA	KOR	GER	TPE	MxG 5	MxG 2
18:15	18:30	MxG 2	USA	KOR	GER	TPE	MxG 5
18:30	18:45	MxG 5	MxG 2	USA	KOR	GER	TPE
18:45	19:00	TPE	MxG 5	MxG 2	USA	KOR	GER
19:00	19:15	GER	TPE	MxG 5	MxG 2	USA	KOR

Sub 3		Podium Training					
Start	Finish	19:30 - 22:00					
		1st Call 19:18			March In 19:26		
19:30	22:00	GER	TPE	MxG 5	MxG 2	USA	KOR
		KOR	GER	TPE	MxG 5	MxG 2	USA
		USA	KOR	GER	TPE	MxG 5	MxG 2
		MxG 2	USA	KOR	GER	TPE	MxG 5
		MxG 5	MxG 2	USA	KOR	GER	TPE
		TPE	MxG 5	MxG 2	USA	KOR	GER
		TPE	MxG 5	MxG 2	USA	KOR	GER

All gymnasts may return to the Warm-Up Hall at any time during the podium training.

However, they must request permission to use apparatus in use by or assigned to other NOCs.



Activity: Training MAG

Date: July 21, 2021

Tokyo Big Sight

MAG Training Hall 1

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	06:55 - 08:25						
6:55	7:13	General Warm-Up						
7:13	7:25	SUI	BRA	GBR	MxG 6	JPN	MxG 4	
7:25	7:37	MxG 4	SUI	BRA	GBR	MxG 6	JPN	
7:37	7:49	JPN	MxG 4	SUI	BRA	GBR	MxG 6	
7:49	8:01	MxG 6	JPN	MxG 4	SUI	BRA	GBR	
8:01	8:13	GBR	MxG 6	JPN	MxG 4	SUI	BRA	
8:13	8:25	BRA	GBR	MxG 6	JPN	MxG 4	SUI	

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	11:55 - 13:25						
11:55	12:13	General Warm-Up						
12:13	12:25	GER	TPE	MxG 5	MxG 2	USA	KOR	
12:25	12:37	KOR	GER	TPE	MxG 5	MxG 2	USA	
12:37	12:49	USA	KOR	GER	TPE	MxG 5	MxG 2	
12:49	13:01	MxG 2	USA	KOR	GER	TPE	MxG 5	
13:01	13:13	MxG 5	MxG 2	USA	KOR	GER	TPE	
13:13	13:25	TPE	MxG 5	MxG 2	USA	KOR	GER	

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	16:30 - 18:00						
16:30	16:48	General Warm-Up						
16:48	17:00	MxG 1	UKR	ROC	CHN	MxG 3	ESP	
17:00	17:12	ESP	MxG 1	UKR	ROC	CHN	MxG 3	
17:12	17:24	MxG 3	ESP	MxG 1	UKR	ROC	CHN	
17:24	17:36	CHN	MxG 3	ESP	MxG 1	UKR	ROC	
17:36	17:48	ROC	CHN	MxG 3	ESP	MxG 1	UKR	
17:48	18:00	UKR	ROC	CHN	MxG 3	ESP	MxG 1	



Activity: Training MAG

Date: July 22, 2021

Tokyo Big Sight

MAG Training Hall 1

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	07:45 - 09:15					
7:45	8:03	General Warm-Up					
8:03	8:15	SUI	BRA	GBR	MxG 6	JPN	MxG 4
8:15	8:27	MxG 4	SUI	BRA	GBR	MxG 6	JPN
8:27	8:39	JPN	MxG 4	SUI	BRA	GBR	MxG 6
8:39	8:51	MxG 6	JPN	MxG 4	SUI	BRA	GBR
8:51	9:03	GBR	MxG 6	JPN	MxG 4	SUI	BRA
9:03	9:15	BRA	GBR	MxG 6	JPN	MxG 4	SUI

MAG Training Hall 2

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	09:00 - 10:30					
9:00	9:18	General Warm-Up					
9:18	9:30	MxG 1	UKR	ROC	CHN	MxG 3	ESP
9:30	9:42	ESP	MxG 1	UKR	ROC	CHN	MxG 3
9:42	9:54	MxG 3	ESP	MxG 1	UKR	ROC	CHN
9:54	10:06	CHN	MxG 3	ESP	MxG 1	UKR	ROC
10:06	10:18	ROC	CHN	MxG 3	ESP	MxG 1	UKR
10:18	10:30	UKR	ROC	CHN	MxG 3	ESP	MxG 1

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	10:30 - 12:00					
10:30	10:48	General Warm-Up					
10:48	11:00	GER	TPE	MxG 5	MxG 2	USA	KOR
11:00	11:12	KOR	GER	TPE	MxG 5	MxG 2	USA
11:12	11:24	USA	KOR	GER	TPE	MxG 5	MxG 2
11:24	11:36	MxG 2	USA	KOR	GER	TPE	MxG 5
11:36	11:48	MxG 5	MxG 2	USA	KOR	GER	TPE
11:48	12:00	TPE	MxG 5	MxG 2	USA	KOR	GER

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	14:15 - 16:45					
14:15	14:45	General Warm-Up					
14:45	15:05	SUI	BRA	GBR	MxG 6	JPN	MxG 4
15:05	15:25	MxG 4	SUI	BRA	GBR	MxG 6	JPN
15:25	15:45	JPN	MxG 4	SUI	BRA	GBR	MxG 6
15:45	16:05	MxG 6	JPN	MxG 4	SUI	BRA	GBR
16:05	16:25	GBR	MxG 6	JPN	MxG 4	SUI	BRA
16:25	16:45	BRA	GBR	MxG 6	JPN	MxG 4	SUI

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	16:00 - 18:30					
16:00	16:30	General Warm-Up					
16:30	16:50	MxG 1	UKR	ROC	CHN	MxG 3	ESP
16:50	17:10	ESP	MxG 1	UKR	ROC	CHN	MxG 3
17:10	17:30	MxG 3	ESP	MxG 1	UKR	ROC	CHN
17:30	17:50	CHN	MxG 3	ESP	MxG 1	UKR	ROC
17:50	18:10	ROC	CHN	MxG 3	ESP	MxG 1	UKR
18:10	18:30	UKR	ROC	CHN	MxG 3	ESP	MxG 1

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	17:00 - 19:30					
17:00	17:30	General Warm-Up					
17:30	17:50	GER	TPE	MxG 5	MxG 2	USA	KOR
17:50	18:10	KOR	GER	TPE	MxG 5	MxG 2	USA
18:10	18:30	USA	KOR	GER	TPE	MxG 5	MxG 2
18:30	18:50	MxG 2	USA	KOR	GER	TPE	MxG 5
18:50	19:10	MxG 5	MxG 2	USA	KOR	GER	TPE
19:10	19:30	TPE	MxG 5	MxG 2	USA	KOR	GER



Activity: Training MAG

Date: July 23, 2021

Tokyo Big Sight

MAG Training Hall 1

MAG Training Hall 2

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	08:00 - 09:50					
8:00	8:20	General Warm-Up					
8:20	8:35	MxG 1	UKR	ROC	CHN	MxG 3	ESP
8:35	8:50	ESP	MxG 1	UKR	ROC	CHN	MxG 3
8:50	9:05	MxG 3	ESP	MxG 1	UKR	ROC	CHN
9:05	9:20	CHN	MxG 3	ESP	MxG 1	UKR	ROC
9:20	9:35	ROC	CHN	MxG 3	ESP	MxG 1	UKR
9:35	9:50	UKR	ROC	CHN	MxG 3	ESP	MxG 1

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	09:30 - 11:20					
9:30	9:50	General Warm-Up					
9:50	10:05	GER	TPE	MxG 5	MxG 2	USA	KOR
10:05	10:20	KOR	GER	TPE	MxG 5	MxG 2	USA
10:20	10:35	USA	KOR	GER	TPE	MxG 5	MxG 2
10:35	10:50	MxG 2	USA	KOR	GER	TPE	MxG 5
10:50	11:05	MxG 5	MxG 2	USA	KOR	GER	TPE
11:05	11:20	TPE	MxG 5	MxG 2	USA	KOR	GER

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	10:10 - 12:00					
10:10	10:30	General Warm-Up					
10:30	10:45	SUI	BRA	GBR	MxG 6	JPN	MxG 4
10:45	11:00	MxG 4	SUI	BRA	GBR	MxG 6	JPN
11:00	11:15	JPN	MxG 4	SUI	BRA	GBR	MxG 6
11:15	11:30	MxG 6	JPN	MxG 4	SUI	BRA	GBR
11:30	11:45	GBR	MxG 6	JPN	MxG 4	SUI	BRA
11:45	12:00	BRA	GBR	MxG 6	JPN	MxG 4	SUI



Activity: Men's Qualification

Date: July 24, 2021

Ariake Gymnastics Centre

Warm-Up Hall

FOP

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	07:55 - 09:45					
7:55	8:15	General Warm-Up					
8:15	8:30	ESP	MxG 1	UKR	ROC	CHN	MxG 3
8:30	8:45	MxG 3	ESP	MxG 1	UKR	ROC	CHN
8:45	9:00	CHN	MxG 3	ESP	MxG 1	UKR	ROC
9:00	9:15	ROC	CHN	MxG 3	ESP	MxG 1	UKR
9:15	9:30	UKR	ROC	CHN	MxG 3	ESP	MxG 1
9:30	9:45	MxG 1	UKR	ROC	CHN	MxG 3	ESP

Sub 1		Competition						
Start	Finish	10:00 - 12:30						
10:00	12:30	1st Call	9:48			March In	9:56	
		MxG 1	UKR	ROC	CHN	MxG 3	ESP	
		ESP	MxG 1	UKR	ROC	CHN	MxG 3	
		MxG 3	ESP	MxG 1	UKR	ROC	CHN	
		CHN	MxG 3	ESP	MxG 1	UKR	ROC	
		ROC	CHN	MxG 3	ESP	MxG 1	UKR	

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	12:25 - 14:15					
12:25	12:45	General Warm-Up					
12:45	13:00	MxG 4	SUI	BRA	GBR	MxG 6	JPN
13:00	13:15	JPN	MxG 4	SUI	BRA	GBR	MxG 6
13:15	13:30	MxG 6	JPN	MxG 4	SUI	BRA	GBR
13:30	13:45	GBR	MxG 6	JPN	MxG 4	SUI	BRA
13:45	14:00	BRA	GBR	MxG 6	JPN	MxG 4	SUI
14:00	14:15	SUI	BRA	GBR	MxG 6	JPN	MxG 4

Sub 2		Competition						
Start	Finish	14:30 - 17:00						
14:30	17:00	1st Call	14:18			March In	14:26	
		SUI	BRA	GBR	MxG 6	JPN	MxG 4	
		MxG 4	SUI	BRA	GBR	MxG 6	JPN	
		JPN	MxG 4	SUI	BRA	GBR	MxG 6	
		MxG 6	JPN	MxG 4	SUI	BRA	GBR	
		GBR	MxG 6	JPN	MxG 4	SUI	BRA	

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	17:25 - 19:15					
17:25	17:45	General Warm-Up					
17:45	18:00	KOR	GER	TPE	MxG 5	MxG 2	USA
18:00	18:15	USA	KOR	GER	TPE	MxG 5	MxG 2
18:15	18:30	MxG 2	USA	KOR	GER	TPE	MxG 5
18:30	18:45	MxG 5	MxG 2	USA	KOR	GER	TPE
18:45	19:00	TPE	MxG 5	MxG 2	USA	KOR	GER
19:00	19:15	GER	TPE	MxG 5	MxG 2	USA	KOR

Sub 3		Competition						
Start	Finish	19:30 - 22:00						
19:30	22:00	1st Call	19:18			March In	19:26	
		GER	TPE	MxG 5	MxG 2	USA	KOR	
		KOR	GER	TPE	MxG 5	MxG 2	USA	
		USA	KOR	GER	TPE	MxG 5	MxG 2	
		MxG 2	USA	KOR	GER	TPE	MxG 5	
		MxG 5	MxG 2	USA	KOR	GER	TPE	

All gymnasts may return to the Warm-Up Hall at any time during the competition.
However, they must request permission to use apparatus in use by or assigned to other NOCs.



Date: July 24, 2021

Tokyo Big Sight

MAG Training Hall 1

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	06:55 - 08:25						
6:55	7:13	General Warm-Up						
7:13	7:25	SUI	BRA	GBR	MxG 6	JPN	MxG 4	
7:25	7:37	MxG 4	SUI	BRA	GBR	MxG 6	JPN	
7:37	7:49	JPN	MxG 4	SUI	BRA	GBR	MxG 6	
7:49	8:01	MxG 6	JPN	MxG 4	SUI	BRA	GBR	
8:01	8:13	GBR	MxG 6	JPN	MxG 4	SUI	BRA	
8:13	8:25	BRA	GBR	MxG 6	JPN	MxG 4	SUI	

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	11:55 - 13:25						
11:55	12:13	General Warm-Up						
12:13	12:25	GER	TPE	MxG 5	MxG 2	USA	KOR	
12:25	12:37	KOR	GER	TPE	MxG 5	MxG 2	USA	
12:37	12:49	USA	KOR	GER	TPE	MxG 5	MxG 2	
12:49	13:01	MxG 2	USA	KOR	GER	TPE	MxG 5	
13:01	13:13	MxG 5	MxG 2	USA	KOR	GER	TPE	
13:13	13:25	TPE	MxG 5	MxG 2	USA	KOR	GER	

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	16:30 - 18:00						
16:30	16:48	General Warm-Up						
16:48	17:00	MxG 1	UKR	ROC	CHN	MxG 3	ESP	
17:00	17:12	ESP	MxG 1	UKR	ROC	CHN	MxG 3	
17:12	17:24	MxG 3	ESP	MxG 1	UKR	ROC	CHN	
17:24	17:36	CHN	MxG 3	ESP	MxG 1	UKR	ROC	
17:36	17:48	ROC	CHN	MxG 3	ESP	MxG 1	UKR	
17:48	18:00	UKR	ROC	CHN	MxG 3	ESP	MxG 1	



Activity: Training MAG

Date: July 25, 2021

Tokyo Big Sight

MAG Training Hall 1

AAF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	09:30 - 11:00	
9:30	9:48	General Warm-Up	
9:48	11:00	Open Training Gymnasts Qualifying for AA Final	

MAG Training Hall 2

APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	09:30 - 11:00	
9:30	9:48	General Warm-Up	
9:48	11:00	Open Training Gymnasts Qualifying for Apparatus Finals	

Team Final 1		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	11:15 - 12:45	
11:15	11:33	General Warm-Up	
11:33	12:45	Open Training Qualified Team 1 - 4	

Team Final 2		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	11:15 - 12:45	
11:15	11:33	General Warm-Up	
11:33	12:45	Open Training Qualified Team 5 - 8	

AAF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	15:00 - 17:00	
15:00	15:30	General Warm-Up	
15:30	17:00	Open Training Gymnasts Qualifying for AA Final	

APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	15:00 - 17:00	
15:00	15:30	General Warm-Up	
15:30	17:00	Open Training Gymnasts Qualifying for Apparatus Finals	

Team Final 1		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	17:30 - 20:00	
17:30	18:00	General Warm-Up	
18:00	20:00	Open Training Qualified Team 1 - 4	

Team Final 2		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	17:30 - 20:00	
17:30	18:00	General Warm-Up	
18:00	20:00	Open Training Qualified Team 5 - 8	



Activity: Men's Team Final

Date: July 26, 2021

Ariake Gymnastics Centre

Warm-Up Hall

FOP

Team Final		Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	17:00 - 18:45					
17:00	17:21	General Warm-Up					
17:21	17:35		Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8	
17:35	17:49			Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8
17:49	18:03	Team 7 Team 8			Team 1 Team 2	Team 3 Team 4	Team 5 Team 6
18:03	18:17	Team 5 Team 6	Team 7 Team 8			Team 1 Team 2	Team 3 Team 4
18:17	18:31	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8			Team 1 Team 2
18:31	18:45	Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8		

Team Final		Competition							
Start	Finish	19:00 - 22:10							
19:00	22:10	1st Call		18:48		March In		18:56	
		Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8				
			Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8			
				Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8		
		Team 7 Team 8			Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8	
		Team 5 Team 6	Team 7 Team 8			Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8
		Team 3 Team 4	Team 5 Team 6	Team 7 Team 8				Team 1 Team 2	Team 3 Team 4

All gymnasts may return to the Warm-Up Hall at any time during the competition.



Activity: Training MAG

Date: July 26, 2021

Tokyo Big Sight

MAG Training Hall 1

Team Final 1		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	09:00 - 10:30	
9:00	9:18	General Warm-Up	
9:18	10:30	Open Training Qualified Team 1 - 4	

MAG Training Hall 2

Team Final 2		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	09:00 - 10:30	
9:00	9:18	General Warm-Up	
9:18	10:30	Open Training Qualified Team 5 - 8	

AAF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	10:45 - 12:15	
10:45	11:03	General Warm-Up	
11:03	12:15	Open Training Gymnasts Qualifying for AA Final	

APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	10:45 - 12:15	
10:45	11:03	General Warm-Up	
11:03	12:15	Open Training Gymnasts Qualifying for Apparatus Finals	

AAF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	16:10 - 18:40	
16:10	16:40	General Warm-Up	
16:40	18:40	Open Training Gymnasts Qualifying for AA Final	

APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	16:10 - 18:40	
16:10	16:40	General Warm-Up	
16:40	18:40	Open Training Gymnasts Qualifying for Apparatus Finals	



Activity: Training MAG

Date: July 27, 2021

Tokyo Big Sight

MAG Training Hall 1

MAG Training Hall 2

AAF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	10:30 - 12:00	
10:30	10:48	General Warm-Up	
10:48	12:00	Open Training Gymnasts Qualifying for AA Final	

APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	12:15 - 13:45	
12:15	12:33	General Warm-Up	
12:33	13:45	Open Training Gymnasts Qualifying for Apparatus Finals	

AA/APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	19:00 - 21:30	
19:00	19:30	General Warm-Up	
19:30	21:30	Open Training Gymnasts Qualifying for AA & Apparatus Finals	



Activity: Men's All - Around Final

Date: July 28, 2021

Ariake Gymnastics Centre

Warm-Up Hall

FOP

AAF	Open stretch is available 45 min. before the start time in the stretching area.						
Start	Finish	17:15 - 19:00					
17:15	17:36	General Warm-Up					
17:36	17:50		Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24	Reserve 1 - 4
17:50	18:04	Reserve 1 - 4		Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24
18:04	18:18	Finalist 19 - 24	Reserve 1 - 4		Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18
18:18	18:32	Finalist 13 - 18	Finalist 19 - 24	Reserve 1 - 4		Finalist 1 - 6	Finalist 7 - 12
18:32	18:46	Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24	Reserve 1 - 4		Finalist 1 - 6
18:46	19:00	Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24	Reserve 1 - 4	

AAF	Competition						
Start	Finish	19:15 - 22:10					
		1st Call	19:03	March In	19:11		
19:15	22:10	Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24		
			Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24	
				Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24
		Finalist 19 - 24			Finalist 1 - 6	Finalist 7 - 12	Finalist 13 - 18
		Finalist 13 - 18	Finalist 19 - 24			Finalist 1 - 6	Finalist 7 - 12
		Finalist 7 - 12	Finalist 13 - 18	Finalist 19 - 24			Finalist 1 - 6
							Finalist 1 - 6



Activity: Training MAG

Date: July 28, 2021

Tokyo Big Sight

MAG Training Hall 1

MAG Training Hall 2

AAF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	09:30 - 11:00	
9:30	9:48	General Warm-Up	
9:48	11:00	Open Training Gymnasts Qualifying for AA Final	

APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	11:15 - 12:45	
11:15	11:33	General Warm-Up	
11:33	12:45	Open Training Gymnasts Qualifying for Apparatus Finals	

APF		Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	16:30 - 18:30	
16:30	17:00	General Warm-Up	
17:00	18:30	Open Training Gymnasts Qualifying for AA & Apparatus Finals	















Activity: Training MAG

Date: July 29, 2021

Tokyo Big Sight

MAG Training Hall 1

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	10:00 - 11:30
10:00	10:18	General Warm-Up
		     
10:18	11:30	Open Training Gymnasts Qualifying for Apparatus Finals

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	16:00 - 18:00
16:00	16:30	General Warm-Up
		     
16:30	18:00	Open Training Gymnasts Qualifying for Apparatus Finals















Activity: Training MAG

Date: July 30, 2021

Tokyo Big Sight

MAG Training Hall 1

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	10:00 - 11:30
10:00	10:18	General Warm-Up
		     
10:18	11:30	Open Training Gymnasts Qualifying for Apparatus Finals

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	16:00 - 18:00
16:00	16:30	General Warm-Up
		     
16:30	18:00	Open Training Gymnasts Qualifying for Apparatus Finals















Activity: Training MAG

Date: July 31, 2021

Tokyo Big Sight

MAG Training Hall 1

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	10:00 - 11:30
10:00	10:18	General Warm-Up
		     
10:18	11:30	<p>Open Training Gymnasts Qualifying for Apparatus Finals</p>

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	16:00 - 18:00
16:00	16:30	General Warm-Up
		     
16:30	18:00	<p>Open Training Gymnasts Qualifying for Apparatus Finals</p>



Activity: Apparatus Finals (FX/PH)

Date: August 1, 2021

Ariake Gymnastics Centre

Warm-Up Hall

FOP

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:00 - 10:30			
9:00	9:18	General Warm-Up			
9:18	10:30	Open Training Gymnasts Qualifying for Apparatus Finals			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	14:45 - 16:30			
14:45	16:30	Open Training Gymnasts Qualifying for Apparatus Finals FX,PH			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	14:30 - 16:30			
14:30	15:00	General Warm-Up			
15:00	16:30	Open Training Gymnasts Qualifying for Apparatus Finals SR,VT,PB,HB			

APF		Competition			
Start	Finish	17:00 - 17:50			
		1st Call	16:50	March In	16:58
17:00	17:50	Apparatus Final FX			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:45 - 19:15			
16:45	19:15	Open Training Gymnasts Qualifying for Apparatus Finals FX,PH			

APF		Competition			
Start	Finish	18:44-19:22			
		1st Call	18:31	March In	18:39
18:44	19:22	Apparatus Final PH			



Activity: Apparatus Finals (SR/VT)

Date: August 2, 2021

Ariake Gymnastics Centre

Warm-Up Hall

FOP

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:00 - 10:30			
9:00	9:18	General Warm-Up			
9:18	10:30	Open Training Gymnasts Qualifying for Apparatus Finals			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	14:45 - 16:30			
14:45	16:30	Open Training Gymnasts Qualifying for Apparatus Finals SR,VT			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	14:30 - 16:30			
14:30	15:00	General Warm-Up			
15:00	16:30	Open Training Gymnasts Qualifying for Apparatus Finals PB,HB			

APF		Competition			
Start	Finish	17:00 - 17:50			
		1st Call	16:50	March In	16:58
17:00	17:50	Apparatus Final SR			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:45 - 19:15			
16:45	19:15	Open Training Gymnasts Qualifying for Apparatus Finals SR,VT			

APF		Competition			
Start	Finish	18:54 - 19:36			
		1st Call	18:41	March In	18:49
18:54	19:36	Apparatus Final VT			



Activity: Apparatus Finals (PB/HB)

Date: August 3, 2021

Ariake Gymnastics Centre

Warm-Up Hall

FOP

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:00 - 10:30			
9:00	9:18	General Warm-Up			
9:18	10:30	Open Training Gymnasts Qualifying for Apparatus Finals			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	14:45 - 16:30			
14:45	16:30	Open Training Gymnasts Qualifying for Apparatus Finals PB,HB			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:30-19:15			
16:45	19:15	Open Training Gymnasts Qualifying for Apparatus Finals PB,HB			

APF		Competition			
Start	Finish	17:00 - 17:48			
		1st Call	16:50	March In	16:58
17:00	17:48	Apparatus Final PB			

APF		Competition			
Start	Finish	18:42 - 19:25			
		1st Call	18:29	March In	18:37
18:42	19:25	Apparatus Final HB			