

2019 EG MAG WAG Podium Training

Please read this document very carefully.

Some session times have moved and additional sessions added

We reserve the right to bring Podium Training forward by 45 minutes

The format of Podium Training for all sessions will be as follows:

General Warmup - 15 Minutes

This will take place in the upstairs floor on the matting provided.

WAG Apparatus Training

The total time for Apparatus Podium will be 1 hour

This will be split into 4 x 15 minute sessions

Where possible we will start you on the same piece as you will start in competition

On Floor, where Men are training in the same session the first 7.5 minutes will be WAG

The second 7.5 minutes will be MAG

MAG Apparatus Training

The total time for Apparatus Podium will be 1 hour

This will be an open warmup across all six pieces (except Floor)

On Floor, where Men are training in the same session the first 7.5 minutes will be WAG

The second 7.5 minutes will be MAG

We have changed the times of some sessions from the first programme

	General Warmup			Apparatus		
Thursday (NEW)	16:15	16:30		16:30	17:30	WAG
Thursday	17:15	17:30		17:30	18:30	WAG MAG
Thursday	18:15	18:30		18:30	19:30	WAG
Friday (New Times)	19:15	19:30		19:30	20:30	WAG MAG
Friday (New Times)	20:15	20:30		20:30	21:30	WAG MAG
Friday (NEW)	21:15	21:30		21:30	22:30	Empty
Saturday (New Times)	19:15	19:30		19:30	20:30	WAG MAG
Saturday (New Times)	20:15	20:30		20:30	21:30	WAG MAG
Saturday (NEW)	21:15	21:30		21:30	22:30	WAG

We reserve the right to bring Podium Training forward by 45 minutes

WAG Podium Training

Thursday 16:15-17:30	
Club	No
Starting on VT	
Falcons	1
Gymmagic	3
Notts	2
Starting on UB	
Diamonds	1
The Academy	4
Dronfield	1
Starting on BB	
Warrington	3
Robin Hood	4
Starting on FX	
City of Stoke	1
The Wire	3
Retford	2
	25

Friday 19:15-20:30	
Club	No
Starting on VT	
City of birmingham	1
Leeds	2
The Academy	6
Starting on UB	
Dynamo	5
Heathrow	3
Starting on BB	
Bristol Hawks	1
City of Liverpool	1
TNAG	2
Regent	1
South Durham	2
Exeter	1
Starting on FX	
Warrington	2
City of manchester	2
City of Newcastle	2
Carousel	2
Wiltshire	1
	34

Saturday 19:15-20:15	
Club	No
Starting on VT	
Dynamo	1
Heathrow	1
Leeds	2
City of birmingham	4
Starting on UB	
The Academy	3
Wade	1
Warrington	3
RGA	1
Starting on BB	
Abingdon	1
City of Liverpool	1
TNAG	2
Uttoxeter	3
Starting on FX	
Bristol Hawks	3
City of Newcastle	5
	31

WAG Podium Training

Thursday 17:15-18:30	
Club	No
Starting on VT	
City of birmingham	5
City of manchester	2
Wade	1
Starting on UB	
Abingdon	1
City of Newcastle	6
The City of Liverpool	1
Starting on BB	
Europa	4
Dynamo	5
Starting on FX	
Heathrow	2
TNAG	3
Leeds	2
SA	1
	33

Friday 20:15-21:30	
Club	No
Starting on VT	
RGA	1
Diamonds	1
South Essex	2
Liberty	2
Norwich	1
Starting on UB	
City of Preston	1
Garstang	1
Berkhamsted	1
Gymmagic	2
Marriotts	2
Starting on BB	
Notts	3
E London	2
Bury Spectrum	2
Starting on FX	
Southport	2
Tameside	2
Pinewood	1
Park Wrekin	1
	27

Saturday 20:15-21:30	
Club	No
Starting on VT	
Appley Bridge	2
Greenwich Royals	3
The Wire	3
Starting on UB	
Berkhamsted	1
Liberty	1
Notts	2
Robin Hood	3
Plymouth Swallows	1
Starting on BB	
Gymmagic	2
South Essex	4
Marriotts	2
Starting on FX	
Southport	1
South Durham	5
The Meapa	2
	32

WAG Podium Training

Thursday 18:15-19:30	
Club	No
Starting on VT	
RGA	1
Southport	3
Starting on UB	
Greenwich Royals	1
sapphire	1
South Durham	2
Starting on BB	
South Essex	8
Starting on FX	
Tameside	1
Leatherhead and dorking	1
Uttoxeter	3
	21

Friday 20:15-21:30	
Club	No
	0

Saturday 20:15-21:30	
Club	No
Starting on VT	
Pipers Vale	3
Starting on UB	
Robin Hood	3
Starting on BB	
Witham Hill	1
Starting on FX	
Manchester Academy	3
	10

MAG Podium Training

Thursday 17:15-18:30	
Club	No
Birmingham	3
City of Manchester	7
City of Newcastle	4
Heathrow	3
Leeds	5
Notts	5
Pipers Vale	2
retford	1
Rugby	3
South Essex	1
	34

Friday 19:15-20:30	
Club	No
Barry YMCA	1
Birmingham	5
Bristol Hawks	1
City of Manchester	2
City of Newcastle	1
Falcons	3
Heathrow	4
Leeds	3
Notts	7
Regent	1
Rugby	2
Swansea	2
	28

Saturday 19:15-20:15	
Club	No
Birmingham	2
Bristol Hawks	1
City of Manchester	8
City of Newcastle	3
Exeter	2
Falcons	1
Leeds	3
Notts	9
Portsmouth	5
Rugby	3
	37

Friday 20:15-21:30	
Club	No
Bury Spectrum	1
Southport	1
Hawth	2
Huntingdon	3
Manchester Academy	4
Pipers Vale	2
Portsmouth	1
South Essex	6
Woking	5
	25

Saturday 20:15-21:30	
Club	No
Bulmershe	1
Earls	1
Heathrow	5
Huntingdon	5
Manchester Academy	3
Norwich	2
Pipers Vale	2
retford	3
Sapphire	2
South Essex	3
Swansea	2
Woking	6
	26