



**5th African Championships
Aerobic Gymnastics
23-24 September, 2022
Cairo -Egypt
Senior – Junior- Age Group)
Revised: 11.09.2022**



COMPETITION SCHEDULE

Time		Description	Location
Wednesday 21th September 2022			
All Day		Arrival of Delegations	Cairo Airport
		Accreditation	Radisson Blu Hotel
Thursday 22th September 2022			
10 :00 AM	06 :00 PM	Free Training	Cairo International Stadium – Hall 3
11 :00 AM	04 :30 PM	Podium Training according schedule - FOP	Cairo International Stadium – Hall 2
06 :00 PM	06 :30 PM	Orientation meeting (max <u>2 persons</u> per NF)	Radisson Blu Hotel Meeting Room
Friday 23th September 2022			
10 :00 AM	07 :00 PM	Free Training	Cairo International Stadium – Hall 3
10 :00 AM	11 :00 AM	Judges meeting – Instructions & Draw	Radisson Blu Hotel Meeting Room
01 :30 PM	02 :00 PM	Opening Ceremony	
02 :00 PM	02 :15 PM	Qualifications AG IW	Cairo International Stadium – Hall 2
02 :15 PM	02 :45 PM	Qualifications Juniors IW	Cairo International Stadium – Hall 2
02 :45 PM	03 :15 PM	Qualifications Seniors IW	Cairo International Stadium – Hall 2
03 :15 PM	03 :30 PM	Qualifications AG IM	Cairo International Stadium – Hall 2
03 :30 PM	03 :45 PM	Qualifications Juniors IM	Cairo International Stadium – Hall 2
03 :45 PM	04 :15 PM	Qualifications Seniors IM	Cairo International Stadium – Hall 2
04 :15 PM	04 :45 PM	Break	Judges Lounge – Floor 3
04 :45 PM	05 :00 PM	Qualifications/Finals AG MP	Cairo International Stadium – Hall 2
05 :00 PM	05 :15 PM	Qualifications Juniors MP	Cairo International Stadium – Hall 2
05 :15 PM	05 :45 PM	Qualifications Seniors MP	Cairo International Stadium – Hall 2
05 :45 PM	06 :00 PM	Qualifications AG Trio	Cairo International Stadium – Hall 2
06 :00 PM	06 :15 PM	Qualifications/Finals Juniors Trio	Cairo International Stadium – Hall 2
06 :15 PM	06 :45 PM	Qualifications Seniors Trio	Cairo International Stadium – Hall 2
Saturday 24th September 2022			
10 :00 AM	04 :00 PM	Free Training	Cairo International Stadium – Hall 3
10 :00 AM	10 :30 AM	Judges meeting – Instructions & Draw (If Needed)	Radisson Blu Hotel Meeting Room
12 :00 PM	12 :10 PM	Finals AG IW	Cairo International Stadium – Hall 2
12 :10 PM	12 :25 PM	Finals Juniors IW	Cairo International Stadium – Hall 2
12 :25 PM	12 :45 PM	Finals Seniors IW	Cairo International Stadium – Hall 2
12 :45 PM	12 :55 PM	Finals AG IM	Cairo International Stadium – Hall 2

12 :55 PM	01 :05 PM	Finals Juniors IM	Cairo International Stadium – Hall 2
01 :05 PM	01 :30 PM	Finals Seniors IM	Cairo International Stadium – Hall 2
01 :30 PM	02 :00 PM	Award Ceremonies: AG IW AG IM Juniors IW Juniors IM Seniors IW Seniors IM	
01 :30 PM	02 :30 PM	Lunch Break	Judges Lounge – Floor 3
02 :30 PM	02 :40 PM	Finals Juniors MP	Cairo International Stadium – Hall 2
02 :40 PM	03 :00 PM	Finals Seniors MP	Cairo International Stadium – Hall 2
03 :00 PM	03 :10 PM	Break	
03 :10 PM	03 :25 PM	Finals AG Trio	Cairo International Stadium – Hall 2
03 :25 PM	04 :00 PM	Finals Seniors Trio	Cairo International Stadium – Hall 2
04 :00 PM	04 :30 PM	Award Ceremonies: AG MP AG Trio Juniors MP Juniors Trio Seniors MP Seniors Trio	
Sunday 25th September 2022			
All day	Departure of delegations		