



**16<sup>th</sup> African Championships  
Artistic Gymnastics  
(Junior & Senior)  
08-11 July, 2022  
Cairo -Egypt  
Revised: 07.07.2022**



## COMPETITION SCHEDULE

Time		Description	Location
<b>Tuesday 5th July 2022</b>			
All Day	Arrival of Delegations		Cairo Airport
	Accreditation		TOLIP El Galaa – Heliopolis
<b>Wednesday 6th July 2022</b>			
04 :00 PM	08 :00 PM	Free Training according to Training schedule	Cairo International Stadium – Hall 2
<b>Thursday 7th July 2022</b>			
09 :00 AM	08 :00 PM	Free Training according to Training schedule	Cairo International Stadium – Hall 2
10 :00 AM	08 :00 PM	Podium Training according schedule	Cairo International Stadium – Hall 1
06 :30 PM	08 :00 PM	MAG Judges Meeting – Instructions & Draw	Radisson Blu Hotel Meeting Room
08 :30 PM	09 :00 PM	Orientation meeting (max 2 persons per NF)	Radisson Blu Hotel Meeting Room
09 :00 PM	09 :30 PM	Draw MAG/WAG Starting Order_Qualifications/Finals	Radisson Blu Hotel Meeting Room
<b>Friday 8th July 2022</b>			
<b>MAG Juniors &amp; Seniors Qualifications</b>			
08 :00 AM	08 :00 PM	Free Training according to Training schedule	Cairo International Stadium – Hall 2
08 :00 AM	09 :00 AM	MAG Juniors (FOP WARM UP)	Cairo International Stadium – Hall 1
08 :30 AM	08 :45 AM	MAG Judges Scoring System Instructions	Cairo International Stadium – Hall 1
09 :00 AM	12 :00 PM	MAG Juniors Qualifications	Cairo International Stadium – Hall 1
12 :00 PM	01 :00 PM	Break	
01 :00 PM	01 :30 PM	Award Ceremony MAG Juniors All Around & Teams	
04 :00 PM	06 :00 PM	WAG Judges Meeting – Instructions & Draw	Radisson Blu Hotel Meeting Room
04 :00 PM	04 :30 PM	Opening Ceremony	Cairo International Stadium – Hall 1
04 :30 PM	05 :30 PM	MAG Seniors (FOP WARM UP)	Cairo International Stadium – Hall 1
05 :30 PM	09 :00 PM	MAG Seniors Qualifications	Cairo International Stadium – Hall 1
09 :00 PM	09 :30 PM	Award Ceremony MAG Seniors All Around & Teams	
<b>Saturday 9th July 2022</b>			
<b>WAG Juniors &amp; Seniors Qualifications</b>			
09 :00 AM	08 :00 PM	Free Training according to Training schedule	Cairo International Stadium – Hall 2
09 :00 AM	10 :00 AM	WAG Juniors (FOP WARM UP)	Cairo International Stadium – Hall 1

09 :30 AM	09 :45 AM	WAG Judges Scoring System Instructions	Cairo International Stadium – Hall 1
10 :00 AM	12 :00 PM	WAG Juniors Qualifications	Cairo International Stadium – Hall 1
12 :00 PM	12 :30 PM	Award Ceremony WAG Juniors All Around & Teams	
12 :00 PM	02 :00 PM	Judges Lunch Break	Judges Lounge
01 :00 PM	02 :00 PM	WAG Seniors Sub-Division 1 (FOP WARM UP)	Cairo International Stadium – Hall 1
02 :00 PM	04 :00 PM	WAG Seniors Sub-Division 1 Qualifications	Cairo International Stadium – Hall 1
04 :00 PM	05 :00 PM	Judges Break	Judges Lounge
04 :00 PM	05 :00 PM	WAG Seniors Sub-Division 2 (FOP WARM UP)	Cairo International Stadium – Hall 1
05 :00 PM	07 :00 PM	WAG Seniors Sub-Division 2 Qualifications	Cairo International Stadium – Hall 1
07 :00 PM	07 :30 PM	Award Ceremony WAG Seniors All Around & Teams	
<b>Sunday 10th July 2022</b> <b>MAG &amp; WAG Apparatus Finals, Day 1</b>			
09 :00 AM	08 :00 PM	Free Training according to Training schedule	Cairo International Stadium – Hall 2
01 :00 PM	02 :00 PM	MAG Judges Meeting –Draw	Radisson Blu Hotel Meeting Room
02 :00 PM	03 :00 PM	WAG Judges Meeting –Draw	Radisson Blu Hotel Meeting Room
03 :00 PM	04 :00 PM	FOP Training for Finalist (Juniors & Seniors) MAG (Floor, Pommel Horse, Rings) WAG (Vault, Uneven Bars)	Cairo International Stadium – Hall 1
04 :00 PM	05 :30 PM	Finals (Juniors & Seniors) MAG (Floor, Pommel Horse, Rings) WAG (Vault, Uneven Bars)	Cairo International Stadium – Hall 1
05 :30 PM	06 :00 PM	Award Ceremony (Juniors & Seniors)	
<b>Monday 11th July 2022</b> <b>MAG &amp; WAG Apparatus Finals, Day 2</b>			
09 :00 AM	05 :30 PM	Free Training according to Training schedule	Cairo International Stadium – Hall 2
01 :00 PM	02 :00 PM	MAG Judges Meeting –Draw (Optional)	Radisson Blu Hotel Meeting Room
02 :00 PM	03 :00 PM	WAG Judges Meeting –Draw (Optional)	Radisson Blu Hotel Meeting Room
03 :00 PM	04 :00 PM	FOP Training for Finalist MAG (Vault, Parallel Bars, Horizontal Bar) WAG (Balance Beam, Floor)	Cairo International Stadium – Hall 1
04 :00 PM	05 :30 PM	Finals (Juniors & Seniors) MAG (Vault, Parallel Bars, Horizontal Bar) WAG (Balance Beam, Floor)	Cairo International Stadium – Hall 1
05 :30 PM	06 :00 PM	Award Ceremony (Juniors & Seniors)	
<b>Tuesday 12th July 2022</b>			
<b>All day</b>		<b>Departure of delegations</b>	