



**16th African Championships
Artistic Gymnastics
(Junior & Senior)
08-11 July, 2022
Cairo -Egypt
Revised: 01.07.2022**



TRAINING SCHEDULE

Time		Description	Location
Wednesday 6th July 2022			
04 :00 PM	06 :00 PM	Vault for WAG	Cairo International Stadium – Hall 2
06 :00 PM	08 :00 PM	Vault for MAG	Cairo International Stadium – Hall 2
Thursday 7th July 2022			
09 :00 AM	12 :00 PM	Vault for WAG	Cairo International Stadium – Hall 2
12 :00 PM	03 :00 PM	Vault for MAG	Cairo International Stadium – Hall 2
03 :00 PM	06 :00 PM	Vault for WAG	Cairo International Stadium – Hall 2
06 :00 PM	08 :00 PM	Vault for MAG	Cairo International Stadium – Hall 2
Friday 8th July 2022			
08 :00 AM	12 :00 PM	Vault for WAG	Cairo International Stadium – Hall 2
12 :00 PM	04 :00 PM	Vault for MAG	Cairo International Stadium – Hall 2
04 :00 PM	08 :00 PM	Vault for WAG	Cairo International Stadium – Hall 2
Saturday 9th July 2022			
09 :00 AM	12 :00 PM	Vault for MAG	Cairo International Stadium – Hall 2
12 :00 PM	04 :00 PM	Vault for WAG	Cairo International Stadium – Hall 2
04 :00 PM	08 :00 PM	Vault for MAG	Cairo International Stadium – Hall 2
Sunday 10th July 2022			
09 :00 AM	12 :00 PM	Free Training for Finalist MAG / WAG Vault for MAG	Cairo International Stadium – Hall 2
12 :00 PM	04 :00 PM	Free Training for Finalist MAG / WAG Vault for WAG	Cairo International Stadium – Hall 2
04 :00 PM	08 :00 PM	Free Training for Finalist MAG / WAG Vault for MAG	Cairo International Stadium – Hall 2
Monday 11th July 2022			
09 :00 AM	05 :30 PM	Free Training for Finalist MAG / WAG Vault for MAG	Cairo International Stadium – Hall 2