

Opvarmningstider

Forbundsmesterskaberne senior 1. runde

Seniormix pulje 1
Afvikles i rotation 6+5

| Hold | Rytme | Bane | Trampet |
|--|--------------|--------------|--------------|
| Farum-Nivå SM 1 | 09:00 | 09:20 | 09:40 |
| Roskilde TeamGym SM 1 | 09:40 | 09:00 | 09:20 |
| Silkeborg P / D SM 1 | 09:20 | 09:40 | 09:00 |
| GymHelsinge SM 1 | 09:30 | 09:50 | 09:10 |
| Randers gymnastiske Forening SM 1 | 09:50 | 09:10 | 09:30 |
| Brejninggaard Tumbling og TeamGym SM 1 | 09:10 | 09:30 | 09:50 |
| Rødovre og Omegns Gymnastikforening (ROG) SM 1 | 10:00 | 10:30 | 10:10 |
| Ollerup Gymnastikforening SM 3 | 10:20 | 10:00 | 10:30 |
| Ollerup Gymnastikforening SM 2 | 10:40 | 10:20 | 10:00 |
| Gladsaxe IF SM 1 | 10:10 | 10:40 | 10:20 |
| Ollerup Gymnastikforening SM 1 | 10:30 | 10:10 | 10:40 |

Senior damer - pulje 1

Afvikles i rotation 4+4+4

| Hold | Rytme | Bane | Trampet |
|-------------------------------------|--------------|--------------|--------------|
| Oslo SD 1 (Uden for konkurrence) | 11:20 | 11:30 | 11:40 |
| Fjölñir SD 1 (Uden for konkurrence) | 11:50 | 11:20 | 11:30 |
| Herlev Gymnastik, HI SD 1 | 11:40 | 11:50 | 11:20 |
| Slagelse GF SD 1 | 11:30 | 11:40 | 11:50 |
| Gladsaxe IF SD 2 | 12:00 | 12:10 | 12:20 |
| TeamGym Aarhus SD 2 | 12:30 | 12:00 | 12:10 |
| Bolbro/Bellinge Gymnasterne SD 1 | 12:20 | 12:30 | 12:00 |
| Greve Gymnastik og Trampolin SD 1 | 12:10 | 12:20 | 12:30 |
| Farum-Nivå SD 1 | 12:40 | 12:50 | 13:00 |
| TeamGym Aarhus SD 1 | 13:10 | 12:40 | 12:50 |
| Viborg GF SD 1 | 13:00 | 13:10 | 12:40 |
| Gladsaxe IF SD 1 | 12:50 | 13:00 | 13:10 |

Senior herre - pulje 2

Afvikles i rotation 5+4

| Hold | Rytme | Bane | Trampet |
|------------------------------------|------------------|--------------|--------------|
| Gerpla SH 1 (Uden for konkurrence) | 13:40 | 14:10 | 13:50 |
| Oslo SH 1 (Uden for konkurrence) | 14:00 | 13:40 | 14:10 |
| Vestjysk GF (VGF89) SH 2 | 14:20 | 14:00 | 13:40 |
| Ringsted IF - Gymnastik SH 2 | 13:50 | 14:20 | 14:00 |
| Gjellerup Sdr. S.G. og I SH 3 | 14:10 | 13:50 | 14:20 |
| Vestjysk GF (VGF89) SH 1 | 14:30 | 14:40 | 14:50 |
| Ringsted IF - Gymnastik SH 1 | 15:00 | 14:30 | 14:40 |
| Silkeborg P / D SH 1 | 14:50 | 15:00 | 14:30 |
| TeamGym Aarhus SH 2 | 14:40 | 14:50 | 15:00 |

Senior herre – pulje 1

Afvikles i rotation 4+4

| Hold | Rytme | Bane | Trampet |
|--------------------------------|--------------|--------------|--------------|
| Svendborg GF SH 2 | 15:30 | 15:40 | 15:50 |
| Gjellerup Sdr. S.G. og I SH 2 | 16:00 | 15:30 | 15:40 |
| Odense Gymnastik Forening SH 1 | 15:50 | 16:00 | 15:30 |
| Roskilde TeamGym SH 1 | 15:40 | 15:50 | 16:00 |
| Gladsaxe IF SH 1 | 16:10 | 16:20 | 16:30 |
| Svendborg GF SH 1 | 16:40 | 16:10 | 16:20 |
| TeamGym Aarhus SH 1 | 16:30 | 16:40 | 16:10 |
| Gjellerup Sdr. S.G. og I SH 1 | 16:20 | 16:30 | 16:40 |