

Attachment I. *Running orders*

1. **Draw - running order**
2. **Running order - training Friday**
3. **Mix warm-up and competition Saturday**
4. **Women warm-up and competition Saturday**
5. **Men warm-up and competition Saturday**

1. Draw - running order

The draw was done at a LOC meeting and the running order is completely coincidental.

Draw - Mix

Running order	Team	Federation
1	TeamGym Nordsjælland	Denmark
2	Trondhjem	Norway
3	TeamGym Odense Mix	Denmark
4	EG Vikings	Sweden
5	GF Örebro	Sweden
6	Drammen	Norway
7	Motus Salto	Sweden
8	Køge Bugt Seniormix	Denmark

Draw - Women

Running order	Team	Federation
1	TeamGym Nordsjælland	Denmark
2	Jyväskylän Voimistelijat	Finland
3	Motus Salto	Sweden
4	Gerpla	Iceland
5	Salhus	Norway
6	Stjarnan	Iceland
7	Helsinki Unified	Finland
8	Drammen	Norway
9	TeamGym Aarhus	Denmark
10	Brommagymasterna	Sweden

Draw - Men

Running order	Team	Federation
1	KFUM	Sweden
2	Stjarnan	Iceland
3	TeamGym Aarhus	Denmark
4	Salhus	Norway
5	GF Fram	Sweden
6	Oslo	Norway
7	Gladsaxe Seniorherrer	Denmark

2. Running order – training Friday

Training on Friday will be arranged in the same running order as the competition. This means starting with mixed teams, then women's teams and finally men's team. The training time is 10 minutes per team and apparatus. Each team will train both in the warm-up hall and the competition hall.



Nordic Championships 2023
November 11th
Reykjavík, Laugardalshöll
Training day - November 10th

Mix training

			Hall 2		Warm up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	13:00	13:30	13:38	13:48					13:58	14:08				
2	Trondhjem	1	13:00	13:30			13:38	13:48					13:58	14:08		
3	TeamGym Odense Mix	1	13:00	13:30					13:38	13:48					13:58	14:08
4	EG Vikings	1	13:10	13:40	13:48	13:58					14:08	14:18				
5	GF Örebro	1	13:10	13:40			13:48	13:58					14:08	14:18		
6	Drammen	1	13:10	13:40					13:48	13:58					14:08	14:18
7	Motus Salto	1	13:20	13:50	13:58	14:08					14:18	14:28				
8	Køge Bugt Seniormix	1	13:20	13:50			13:58	14:08					14:18	14:28		

			Warm up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
9	TeamGym Nordsjælland	2							14:18	14:28			14:38	14:48
10	Trondhjem	2	14:18	14:28							14:38	14:48		
11	TeamGym Odense Mix	2			14:18	14:28					14:38	14:48		
12	EG Vikings	2					14:28	14:38					14:48	14:58
13	GF Örebro	2	14:28	14:38					14:48	14:58				
14	Drammen	2			14:28	14:38					14:48	14:58		
15	Motus Salto	2					14:38	14:48					14:58	15:08
16	Køge Bugt Seniormix	2	14:38	14:48					14:58	15:08				

Mix training

			Warm up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
17	TeamGym Nordsjælland	3			14:58	15:08					15:18	15:28		
18	Trondhjem	3					14:58	15:08					15:18	15:28
19	TeamGym Odense Mix	3	14:58	15:08					15:18	15:28				
20	EG Vikings	3			15:08	15:18					15:28	15:38		
21	GF Örebro	3					15:08	15:18					15:28	15:38
22	Drammen	3	15:08	15:18					15:28	15:38				
23	Motus Salto	3			15:18	15:28					15:38	15:48		
24	Køge Bugt Seniormix	3					15:18	15:28					15:38	15:48

Woman Training

			Hall 2		Warm up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	14:50	15:20	15:28	15:38					15:48	15:58				
2	Jyväskylän Voimistelijat	1	14:50	15:20			15:28	15:38					15:48	15:58		
3	Motus Salto	1	14:50	15:20					15:28	15:38					15:48	15:58
4	Gerpla	1	15:00	15:30	15:38	15:48					15:58	16:08				
5	Salhus	1	15:00	15:30			15:38	15:48					15:58	16:08		
6	Stjarnan	1	15:00	15:30					15:38	15:48					15:58	16:08
7	Helsinki Unified	1	15:10	15:40	15:48	15:58					16:08	16:18				
8	Drammen	1	15:10	15:40			15:48	15:58					16:08	16:18		
9	TeamGym Aarhus	1	15:10	15:40					15:48	15:58					16:08	16:18
10	Brommagymnasterna	1	15:20	15:50	15:58	16:08					16:18	16:28				

			Warm up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
11	TeamGym Nordsjælland	2			16:08	16:18					16:28	16:38		
12	Jyväskylän Voimistelijat	2					16:08	16:18					16:28	16:38
13	Motus Salto	2	16:08	16:18							16:28	16:38		
14	Gerpla	2			16:18	16:28					16:38	16:48		
15	Salhus	2					16:18	16:28					16:38	16:48
16	Stjarnan	2	16:18	16:28							16:38	16:48		
17	Helsinki Unified	2			16:28	16:38					16:48	16:58		
18	Drammen	2					16:28	16:38					16:48	16:58
19	TeamGym Aarhus	2	16:28	16:38							16:48	16:58		
20	Brommagymnasterna	2			16:38	16:48					16:58	17:08		

			Warm up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
21	TeamGym Nordsjælland	3					16:48	16:58					17:08	17:18
22	Jyväskylän Voimistelijat	3	16:48	16:58							17:08	17:18		
23	Motus Salto	3			16:48	16:58					17:08	17:18		
24	Gerpla	3					16:58	17:08					17:18	17:28
25	Salhus	3	16:58	17:08							17:18	17:28		
26	Stjarnan	3			16:58	17:08					17:18	17:28		
27	Helsinki Unified	3					17:08	17:18					17:28	17:38
28	Drammen	3	17:08	17:18							17:28	17:38		
29	TeamGym Aarhus	3			17:08	17:18					17:28	17:38		
30	Brommagymnasterna	3					17:18	17:28					17:38	17:48

Men Training

			Hall 2		Warm up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	KFUM	1	16:40	17:10	17:18	17:28					17:38	17:48				
2	Stjarnan	1	16:40	17:10			17:18	17:28					17:38	17:48		
3	TeamGym Aarhus	1	16:40	17:10					17:18	17:28					17:38	17:48
4	Salhus	1	16:50	17:20	17:28	17:38					17:48	17:58				
5	GF Fram	1	16:50	17:20			17:28	17:38					17:48	17:58		
6	Oslo	1	16:50	17:20					17:28	17:38					17:48	17:58
7	Gladsaxe Seniorherrer	1	17:00	17:30	17:38	17:48					17:58	18:08				
					Warm up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
8	KFUM	2					17:58	18:08					18:18	18:28		
9	Stjarnan	2							17:58	18:08					18:18	18:28
10	TeamGym Aarhus	2	17:58	18:08							18:18	18:28				
11	Salhus	2					18:08	18:18					18:28	18:38		
12	GF Fram	2							18:08	18:18					18:28	18:38
13	Oslo	2	18:08	18:18							18:28	18:38				
14	Gladsaxe Seniorherrer	2					18:18	18:28					18:38	18:48		
					Warm up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
15	KFUM	3							18:38	18:48			18:58	19:08	18:58	19:08
16	Stjarnan	3	18:38	18:48							18:58	19:08				
17	TeamGym Aarhus	3					18:38	18:48					18:58	19:08		
18	Salhus	3							18:48	18:58					19:08	19:18
19	GF Fram	3	18:48	18:58							19:08	19:18				
20	Oslo	3					18:48	18:58					19:08	19:18		
21	Gladsaxe Seniorherrer	3							18:58	19:08					19:18	19:28

3. Mix warm-up and competition Saturday

Mix competition

			Hall 2		Apparatus warm-up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	09:45	10:15	10:23	10:33					10:41	10:44				
2	Trondhjem	1	09:49	10:19			10:27	10:37					10:45	10:48		
3	TeamGym Odense Mix	1	09:53	10:23					10:31	10:41					10:49	10:52
4	EG Vikings	1	09:57	10:27	10:35	10:45					10:53	10:56				
5	GF Ørebro	1	10:01	10:31			10:39	10:49					10:57	11:00		
6	Drammen	1	10:05	10:35					10:43	10:53					11:01	11:04
7	Motus Salto	1	10:09	10:39	10:47	10:57					11:05	11:08				
8	Køge Bugt Seniormix	1	10:13	10:43			10:51	11:01					11:09	11:12		

			Hall 2		Apparatus warm-up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
9	TeamGym Nordsjælland	2							10:56	11:06					11:14	11:17
10	Trondhjem	2			11:00	11:10					11:18	11:21				
11	TeamGym Odense Mix	2					11:04	11:14					11:22	11:25		
12	EG Vikings	2							11:08	11:18					11:26	11:29
13	GF Ørebro	2			11:12	11:22					11:30	11:33				
14	Drammen	2					11:16	11:26					11:34	11:37		
15	Motus Salto	2							11:20	11:30					11:38	11:41
16	Køge Bugt Seniormix	2			11:24	11:34					11:42	11:45				

			Hall 2		Apparatus warm-up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
17	TeamGym Nordsjælland	3					11:29	11:39					11:47	11:50		
18	Trondhjem	3							11:33	11:43					11:51	11:54
19	TeamGym Odense Mix	3			11:37	11:47					11:55	11:58				
20	EG Vikings	3					11:41	11:51					11:59	12:02		
21	GF Ørebro	3							11:45	11:55					12:03	12:06
22	Drammen	3			11:49	11:59					12:07	12:10				
23	Motus Salto	3					11:53	12:03					12:11	12:14		
24	Køge Bugt Seniormix	3							11:57	12:07					12:15	12:18

4.Women warm-up and competition Saturday

Women competition

#	TEAM	rnd	Hall 2		Apparatus warm-up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
			Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	12:04	12:34	12:42	12:52					13:00	13:03				
2	Jyväskylä Voimistelijat	1	12:08	12:38			12:46	12:56					13:04	13:07		
3	Motus Salto	1	12:12	12:42					12:50	13:00					13:08	13:11
4	Gerpla	1	12:16	12:46	12:54	13:04					13:12	13:15				
5	Salhus	1	12:20	12:50			12:58	13:08					13:16	13:19		
6	Stjarnan	1	12:24	12:54					13:02	13:12					13:20	13:23
7	Helsinki Unified	1	12:28	12:58	13:06	13:16					13:24	13:27				
8	Drammen	1	12:32	13:02			13:10	13:20					13:28	13:31		
9	TeamGym Aarhus	1	12:36	13:06					13:14	13:24					13:32	13:35
10	Brommagymnasterna	1	12:40	13:10	13:18	13:28					13:36	13:39				

#	TEAM	rnd	Apparatus warm-up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
			Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
11	TeamGym Nordsjælland	2			13:23	13:33					13:41	13:44		
12	Jyväskylä Voimistelijat	2					13:27	13:37					13:45	13:48
13	Motus Salto	2	13:31	13:41					13:49	13:52				
14	Gerpla	2			13:35	13:45					13:53	13:56		
15	Salhus	2					13:39	13:49					13:57	14:00
16	Stjarnan	2	13:43	13:53					14:01	14:04				
17	Helsinki Unified	2			13:47	13:57					14:05	14:08		
18	Drammen	2					13:51	14:01					14:09	14:12
19	TeamGym Aarhus	2	13:55	14:05					14:13	14:16				
20	Brommagymnasterna	2			13:59	14:09					14:17	14:20		

#	TEAM	rnd	Apparatus warm-up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
			Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
21	TeamGym Nordsjælland	3					14:04	14:14					14:22	14:25
22	Jyväskylä Voimistelijat	3	14:08	14:18					14:26	14:29				
23	Motus Salto	3			14:12	14:22					14:30	14:33		
24	Gerpla	3					14:16	14:26					14:34	14:37
25	Salhus	3	14:20	14:30					14:38	14:41				
26	Stjarnan	3			14:24	14:34					14:42	14:45		
27	Helsinki Unified	3					14:28	14:38					14:46	14:49
28	Drammen	3	14:32	14:42					14:50	14:53				
29	TeamGym Aarhus	3			14:36	14:46					14:54	14:57		
30	Brommagymnasterna	3					14:40	14:50					14:58	15:01

5. Men warm-up and competition Saturday

Men competition

			Hall 2		Apparatus warm-up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	KFUM	1	14:44	15:14	15:22	15:32					15:40	15:43				
2	Stjarnan	1	14:48	15:18			15:26	15:36					15:44	15:47		
3	TeamGym Aarhus	1	14:52	15:22					15:30	15:40					15:48	15:51
4	Salhus	1	14:56	15:26	15:34	15:44					15:52	15:55				
5	GF Fram	1	15:00	15:30			15:38	15:48					15:56	15:59		
6	Oslo	1	15:04	15:34					15:42	15:52					16:00	16:03
7	Gladsaxe Seniorherrer	1	15:08	15:38	15:46	15:56					16:04	16:07				
					Apparatus warm-up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
8	KFUM	2					15:51	16:01					16:09	16:12		
9	Stjarnan	2							15:55	16:05					16:13	16:16
10	TeamGym Aarhus	2			15:59	16:09					16:17	16:20				
11	Salhus	2					16:03	16:13					16:21	16:24		
12	GF Fram	2							16:07	16:17					16:25	16:28
13	Oslo	2			16:11	16:21					16:29	16:32				
14	Gladsaxe Seniorherrer	2					16:15	16:25					16:33	16:36		
					Apparatus warm-up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
15	KFUM	3							16:20	16:30					16:38	16:41
16	Stjarnan	3			16:24	16:34					16:42	16:45				
17	TeamGym Aarhus	3					16:28	16:38					16:46	16:49		
18	Salhus	3							16:32	16:42					16:50	16:53
19	GF Fram	3			16:36	16:46					16:54	16:57				
20	Oslo	3					16:40	16:50					16:58	17:01		
21	Gladsaxe Seniorherrer	3							16:44	16:54					17:02	17:05

