



Junior Nordic TeamGym Championships April 20th 2024, Lund, Sweden

Friday 19th april

Training for the teams

Warm-up Mixed teams

Warm-up	Floor (10 min)	Tumble (10 min)	Trampet (10 min)
14:00 - 14:10	Beitstad Turn (Norway)	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)
14:10 - 14:20	Gerpla (Iceland)	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)
14:20 - 14:30	Stjarnan (Iceland)	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)
14:30 - 14:40	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)
14:40 - 14:50	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)
14:50 - 15:00	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)	Køge Bugt (Denmark)
15:00 - 15:10	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)	Slagelse GF (Denmark)
15:10 - 15:20	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)	Sandnes Turnforening (Norway)

Warm-up Women´s teams

Warm-up	Floor (10 min)	Tumble (10 min)	Trampet (10 min)
15:30 - 15:40	Viborg GF (Denmark)	ABGS (Sweden)	Espoon Telinetaiturit (Finland)
15:40 - 15:50	Sandnes Turnforening (Norway)	Gerpla (Iceland)	
15:50 - 16:00	ABGS (Sweden)	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)
16:00 - 16:10	Gerpla (Iceland)		Sandnes Turnforening (Norway)
16:10 - 16:20	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)	ABGS (Sweden)
16:20 - 16:30		Sandnes Turnforening (Norway)	Gerpla (Iceland)
16:30 - 16:40	Selfoss (Iceland)	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)
16:40 - 16:50	HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)	
16:50 - 17:00	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)
17:00 - 17:10	Brommagymnasterna (Sweden)		HIFK Gymnastics (Finland)
17:10 - 17:20	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)	Oslo Turnforening (Norway)
17:20 - 17:30		HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)

Warm-up Men´s teams

Warm-up	Floor (10 min)	Tumble (10 min)	Trampet (10 min)
17:40 - 17:50	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)
17:50 - 18:00	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)
18:00 - 18:10	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)
18:10 - 18:20	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)
18:20 - 18:30	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)
18:30 - 18:40	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)



Junior Nordic TeamGym Championships April 20th 2024, Lund, Sweden

Saturday 20th april

Competition Mixed teams

08:00	General warm-up, Mixed teams
09:00 - 10:00	Judges' meeting for the Mixed competition

Warm-up	Floor (8 min)	Tumble (8 min)	Trampet (8 min)
09:00 - 09:08	Beitstad Turn (Norway)	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)
09:08 - 09:16	Gerpla (Iceland)	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)
09:16 - 09:24	Stjarnan (Iceland)	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)
09:24 - 09:32	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)
09:32 - 09:40	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)
09:40 - 09:48	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)	Køge Bugt (Denmark)
09:48 - 09:56	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)	Slagelse GF (Denmark)
09:56 - 10:04	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)	Sandnes Turnforening (Norway)

10:10 - 10:30	Opening ceremony
10:30	Competition start

Time	#	Floor	Tumble	Trampet
10:30	1	Beitstad Turn (Norway)		
10:33	2		Køge Bugt (Denmark)	
10:37	3			Enebybergsgymnasterna (Sweden)
10:40	4	Gerpla (Iceland)		
10:44	5		Slagelse GF (Denmark)	
10:47	6			Halmstad Frigymnaster (Sweden)
10:51	7	Stjarnan (Iceland)		
10:54	8		Sandnes Turnforening (Norway)	
10:58	9			Beitstad Turn (Norway)
11:01	10	Køge Bugt (Denmark)		
11:05	11		Enebybergsgymnasterna (Sweden)	
11:08	12			Gerpla (Iceland)
11:12	13	Slagelse GF (Denmark)		
11:15	14		Halmstad Frigymnaster (Sweden)	
11:19	15			Stjarnan (Iceland)
11:22	16	Sandnes Turnforening (Norway)		
11:26	17		Beitstad Turn (Norway)	
11:29	18			Køge Bugt (Denmark)
11:33	19	Enebybergsgymnasterna (Sweden)		
11:36	20		Gerpla (Iceland)	
11:40	21			Slagelse GF (Denmark)
11:43	22	Halmstad Frigymnaster (Sweden)		
11:47	23		Stjarnan (Iceland)	
11:50	24			Sandnes Turnforening (Norway)

11:55	Competition Mixed teams end
18:05	Award ceremony



Junior Nordic TeamGym Championships April 20th 2024, Lund, Sweden

Saturday 20th april

Competition Women's teams

11:05	General warm-up, Women's teams
12:05 - 13:40	Judges' meeting for the Women's competition

Warm-up	Floor (8 min)	Tumble (8 min)	Trampet (8 min)
12:05 - 12:13	Viborg GF (Denmark)	ABGS (Sweden)	Espoon Telinetaiturit (Finland)
12:13 - 12:21	Sandnes Turnforening (Norway)	Gerpla (Iceland)	
12:21 - 12:29	ABGS (Sweden)	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)
12:29 - 12:37	Gerpla (Iceland)		Sandnes Turnforening (Norway)
12:37 - 12:45	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)	ABGS (Sweden)
12:45 - 12:53		Sandnes Turnforening (Norway)	Gerpla (Iceland)
12:53 - 13:01	Selfoss (Iceland)	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)
13:01 - 13:09	HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)	
13:09 - 13:17	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)
13:17 - 13:25	Brommagymnasterna (Sweden)		HIFK Gymnastics (Finland)
13:25 - 13:33	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)	Oslo Turnforening (Norway)
13:33 - 13:41		HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)

13:50	Competition start
-------	-------------------

Time	#	Floor	Tumble	Trampet
Competition - Block 1				
13:50	1	Viborg GF (Denmark)		
13:53	2		ABGS (Sweden)	
13:57	3			Espoon Telinetaiturit (Finland)
14:00	4	Sandnes Turnforening (Norway)		
14:04	5		Gerpla (Iceland)	
14:07	6			Viborg GF (Denmark)
14:11	7	ABGS (Sweden)		
14:14	8		Espoon Telinetaiturit (Finland)	
14:18	9			Sandnes Turnforening (Norway)
14:21	10	Gerpla (Iceland)		
14:25	11		Viborg GF (Denmark)	
14:28	12			ABGS (Sweden)
14:32	13	Espoon Telinetaiturit (Finland)		
14:35	14		Sandnes Turnforening (Norway)	
14:39	15			Gerpla (Iceland)
Competition - Block 2				
14:42	16	Selfoss (Iceland)		
14:46	17		Oslo Turnforening (Norway)	
14:49	18			Rødovre & Omegns GF (Denmark)
14:53	19	HIFK Gymnastics (Finland)		
14:56	20		Brommagymnasterna (Sweden)	
15:00	21			Selfoss (Iceland)
15:03	22	Oslo Turnforening (Norway)		
15:07	23		Rødovre & Omegns GF (Denmark)	
15:10	24			HIFK Gymnastics (Finland)
15:14	25	Brommagymnasterna (Sweden)		
15:17	26		Selfoss (Iceland)	
15:21	27			Oslo Turnforening (Norway)
15:24	28	Rødovre & Omegns GF (Denmark)		
15:28	29		HIFK Gymnastics (Finland)	
15:31	30			Brommagymnasterna (Sweden)

15:35	Competition Women's teams end
18:05	Award ceremony



Junior Nordic TeamGym Championships April 20th 2024, Lund, Sweden

Saturday 20th april

Competition Men´s teams

14:45	General warm-up, Men´s teams
15:45 - 16:45	Judges' meeting for the Mens's competition

Warm-up	Floor (8 min)	Tumble (8 min)	Trampet (8 min)
15:45 - 15:53	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)
15:53 - 16:01	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)
16:01 - 16:09	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)
16:09 - 16:17	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)
16:17 - 16:25	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)
16:25 - 16:33	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)

16:45	Competition start
-------	-------------------

Time	#	Floor	Tumble	Trampet
16:45	1	GCF Uppsala (Sweden)		
16:48	2		Teamgym Munkebjerg (Denmark)	
16:52	3			Laksevåg Turn og Idrettslag (Norway)
16:55	4	Brommagymnasterna (Sweden)		
16:59	5		Oslo Turnforening (Norway)	
17:02	6			TeamGym Aarhus (Denmark)
17:06		---		
17:09	7		GCF Uppsala (Sweden)	
17:13	8			Teamgym Munkebjerg (Denmark)
17:16	9	Laksevåg Turn og Idrettslag (Norway)		
17:20	10		Brommagymnasterna (Sweden)	
17:23	11			Oslo Turnforening (Norway)
17:27	12	TeamGym Aarhus (Denmark)		
17:30			---	
17:34	13			GCF Uppsala (Sweden)
17:37	14	Teamgym Munkebjerg (Denmark)		
17:41	15		Laksevåg Turn og Idrettslag (Norway)	
17:44	16			Brommagymnasterna (Sweden)
17:48	17	Oslo Turnforening (Norway)		
17:51	18		TeamGym Aarhus (Denmark)	

17:55	Competition Men´s teams end
18:05	Award ceremony