

WORK PLAN



RHYTHMIC GYMNASTICS WORLD CUP
MILANO 2026

10 - 12 JULY 2026

WWW.RGWORLDCUP-MILANO.IT



The accreditation procedure is scheduled on Wednesday 8th July for all Delegations.

Delegations arriving on 6th or 7th July must do the accreditation on 8th July (not earlier).

FIG RHYTHMIC GYMNASTICS WORLD CUP MILANO 2026

The Local Organizing Committee hopes you had a pleasant travel and welcomes you to Milano for the FIG RG World Cup!

Here follow some brief instructions to make the accreditation procedure faster.

Accreditation procedure must be fulfilled by the Head of Delegation only (named by each Federation).

ACCREDITATION PROCEDURE

Accreditation Center is located at Unipol Forum (Competition Venue). Accreditation procedures will be delivered at Accreditation Center at arrival.

The access to the Accreditation Center is allowed only to the Head of Delegation and to the Coach for listening to music.

As per FIG Accreditation Rules, any additional person per National Federations will be considered a spectator and will have to purchase the entry ticket.

Accreditation will be delivered only as soon as financial and insurance obligations have been completely and successfully fulfilled.

We kindly remind you that **Work Plan** has been already published on FIG website and in the official event web site: www.rgworldcup-milano.it section DELEGATIONS.

Local Organising Committee

ATS Ginnastica Aurora Fano – San Giorgio 79

FIG Rhythmic Gymnastics World Cup

Milano | 10-10 July 2026

www.rgworldcup-milano.it



CONTROL AND DISTRIBUTION OF REQUIRED DOCUMENTS AND MATERIALS

During accreditation LOC will ask you to show a **valid passport** of all the gymnasts and judges to check their identity and nationality.

At accreditation, the Heads of Delegations are required to:

1. check the **correct names** of Delegation members;
2. provide a digital photo of each Delegation member if not already sent to LOC by email or through the platform. **Missing photos will be taken upon arrival to obtain the Pass by paying € 10,00 fee per each photo;**
3. verify the **Accommodation and Meals** requirements;
4. verify the **return flight** schedules;
5. All the information about the competition, start list, results, work plan etc. will be available via official web site www.rgworldcup-milano.it section DELEGATIONS.

ATTENTION: Photos will be taken after each gymnast's and group's podium training session; please wear at least the official NF tracksuit jacket and ensure hair is neatly styled.

Useful contacts:

LOC WCUP MILANO 2026 +39 353 486 8609 (BROADCAST LIST WHATSAPP)

The Local Organizing Committee wishes you a pleasant stay in Milano!

Local Organising Committee
ATS Ginnastica Aurora Fano – San Giorgio 79

FIG Rhythmic Gymnastics World Cup
Milano | 10-10 July 2026
www.rgworldcup-milano.it

**Rhythmic World Cup
Milano (ITA), 10 – 12 July 2026**

Provisional Programme (subject to modifications)

Event 17925

DATE-TIME	DESCRIPTION	LOCATION
WED. 08 July As announced	RGI and RGG Delegations' arrival day and accreditation	Unipol Arena
THU. 09 July As per schedule 15:00 – 18:00 18:00 – 18:30 18:45 – 19:30	RGI and RGG Training and Podium training RGI and RGG Judges' Instruction RGI and RGG Judges Scoring System Instruction RGI and RGG Orientation Meeting	Forum Meeting Room Unipol FoP Meeting Room Unipol
FRI. 10 July As per schedule 07:30 – – 08:45 09:00 – 11:05 11:20 – 13:20 13:20 – 14:05 14:10 – 16:10 16:25 – 18:25 19:10 – 20:40 20:50 – 22:20	RGI and RGG Training RGI Judges' draw and briefing for qualifications RGG Judges' draw and briefing for qualifications 5 BA RGI hoop and ball group A qualifications – alternatively RGI hoop and ball group B qualifications – alternatively Lunch RGI clubs and ribbon group C qualifications – alternatively RGI clubs and ribbon group D qualifications – alternatively RGG 5 balls – group A qualifications RGG 5 balls – group B qualifications	Training Hall Gallery/Forum Meeting Room Unipol FoP
SAT. 11 July As per schedule 07:30 – – 08:45 09:00 – 11:00 11:15 – 13:20 13:20-14:05 13:30 14:10 – 16:10 16:25 – 18:25 18:30 -18:45 18:50 – 19:05 19:10 - 20:40 20:50 – 22:20 22:25	RGI and RGG Training RGI Judges' briefing for qualifications RGG Judges' draw and briefing for qualifications 3+2 RGI clubs and ribbon group B qualifications – alternatively RGI clubs and ribbon group A qualifications – alternatively Lunch Opening Ceremony RGI hoop and ball group D qualifications – alternatively RGI hoop and ball group C qualifications – alternatively RGI all-around award ceremony RGI WCup Series 2026 all-around winner award ceremony RGG 3 hoops + 2 pairs of clubs group B qualifications RGG 3 hoops + 2 pairs of clubs group A qualifications RGG all-around award ceremony RGG WCup Series 2026 all-around winner award ceremony	Forum Meeting Room Unipol FoP
SUN. 12 July As per schedule 12:30 – 13:45 14:05 – 14:42 14:47 – 15:24 15:29 – 16:14 16:19 – 16:40 16:42 – 17:19 17:24 – 18:01 18:06 – 18:51 18:55	RGI and RGG Finalists Training RGI and RGG Judges' draw and briefing for apparatus finals RGI hoop apparatus final (presentation of finalists incl.) RGI ball apparatus final (presentation of finalists incl.) RGG 5 balls routine final (presentation of finalists incl.) RGI and RGG award ceremonies RGI clubs apparatus final (presentation of finalists incl.) RGI ribbon apparatus final (presentation of finalists incl.) RGG 3 hoops + 2 pairs of clubs routine final (presentation of finalists incl.) RGI and RGG apparatus winners award ceremonies RGI and RGG 2026 world cup series apparatus winners award ceremony	Forum Meeting Room Unipol FoP
MON. 13 July All day	Departure of delegations	



RG WORLD CUP MILANO 2026



ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME

PODIUM TRAINING 9 July			I	H	G	F		E	D	C	B	A			
			GALLERY TRAINING					WARM-UP FORUM					FOP		
			30 min	60 min				5 min	60 min					40 min 8 gymnasts 35 min 7 gymnasts 30 min 6 gimn	
1	RGI	USA-SGP-BRA-HKG	06:25:00	06:55:00			07:55:00	08:00:00					09:00:00	09:40:00	
2		BUL-GEO-EST	07:05:00		07:35:00		08:35:00		08:40:00				09:40:00	10:10:00	
3		CAN-NED-HUN-CRC	07:35:00			08:05:00	09:05:00			09:10:00			10:10:00	10:50:00	
4		UZB-AZE-POR-TUR	08:15:00	08:45:00			09:45:00				09:50:00		10:50:00	11:25:00	
5		UKR-POL-SUI-AND	08:50:00		09:20:00		10:20:00	10:25:00					11:25:00	12:00:00	
6		KAZ-CZE-FRA-SVK	09:25:00			09:55:00	10:55:00		11:00:00				12:00:00	12:35:00	
7		AUT-FIN-CYP-ANG	10:00:00	10:30:00			11:30:00			11:35:00			12:35:00	13:10:00	
8		ESP-KOR-LUX-NZL	10:35:00		11:05:00		12:05:00				12:10:00		13:10:00	13:45:00	
9		ISR-EGY-RSA-CRO	11:10:00			11:40:00	12:40:00	12:45:00					13:45:00	14:20:00	
10		GER-JPN-KGZ	11:45:00	12:15:00			13:15:00		13:20:00				14:20:00	14:55:00	
11		ITA-BLR-SMR-LTU	12:20:00		12:50:00		13:50:00			13:55:00			14:55:00	15:30:00	
12		CHN-SWE-PHI	12:55:00			13:25:00	14:25:00				14:30:00		15:30:00	16:00:00	
13		MEX-RUS-ROU	13:25:00	13:55:00			14:55:00	15:00:00					16:00:00	16:30:00	
PODIUM TRAINING			30 min	60 min			5 min	75 min					18 min		
1	RGG	ROU - GER	13:50:00		14:20:00		15:20:00		15:25:00				16:40:00	16:58:00	
2		FRA - CHN	14:08:00			14:38:00	15:38:00			15:43:00			16:58:00	17:16:00	
3		ESP - AUT	14:26:00	14:56:00			15:56:00				16:01:00		17:16:00	17:34:00	
4		KOR - POR	14:44:00		15:14:00		16:14:00	16:19:00					17:34:00	17:52:00	
5		ITA - SVK	15:02:00			15:32:00	16:32:00		16:37:00				17:52:00	18:10:00	
6		BUL - POL	15:20:00	15:50:00			16:50:00			16:55:00			18:10:00	18:28:00	
7		ISR - CAN	15:38:00		16:08:00		17:08:00				17:13:00		18:28:00	18:46:00	
8		RUS - EST	15:56:00			16:26:00	17:26:00	17:31:00					18:46:00	19:04:00	
9		BLR - CZE	16:14:00	16:44:00			17:44:00		17:49:00				19:04:00	19:22:00	
10		USA - UZB	16:32:00		17:02:00		18:02:00			18:07:00			19:22:00	19:40:00	
11		JPN - KAZ	16:50:00			17:20:00	18:20:00					18:25:00	19:40:00	19:58:00	
12		TUR - TPE	17:08:00	17:38:00			18:38:00	18:43:00					19:58:00	20:16:00	
13		GEO - HUN	17:26:00		17:56:00		18:56:00		19:01:00				20:16:00	20:34:00	
14		FIN - LTU	17:44:00			18:14:00	19:14:00			19:19:00			20:34:00	20:52:00	
15		UKR - BRA	18:02:00	18:32:00			19:32:00				19:37:00		20:52:00	21:10:00	
16		AZE - CYP	18:20:00		18:50:00		19:50:00	19:55:00					21:10:00	21:28:00	
17		MEX	18:38:00			19:08:00	20:08:00		20:13:00				21:28:00	21:46:00	

RG WORLD CUP MILANO 2026														
ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME														
10 July GROUP A		NF	APPARATUS	I	H	G	F		E	D	C	B	WAITING ZONE	A
				GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP
				20 min	40 min				5 min	60 min			10 min	2,30 min
1	CHU	USA	HOOP	06:42:30			07:02:30	07:42:30			07:47:30	08:47:30	08:57:30	09:00:00
2	BAHNAS	EGY	BALL	06:45:00		07:05:00		07:45:00		07:50:00		08:50:00	09:00:00	09:02:30
3	IKAN	UKR	HOOP	06:47:30	07:07:30			07:47:30	07:52:30			08:52:30	09:02:30	09:05:00
4	PAIVA	POR	HOOP	06:50:00			07:10:00	07:50:00			07:55:00	08:55:00	09:05:00	09:07:30
5	DRAGAS	ITA	BALL	06:52:30		07:12:30		07:52:30		07:57:30		08:57:30	09:07:30	09:10:00
6	STEINFELD	GER	HOOP	06:55:00	07:15:00			07:55:00	08:00:00			09:00:00	09:10:00	09:12:30
7	ZAVAGNO	FRA	BALL	06:57:30			07:17:30	07:57:30			08:02:30	09:02:30	09:12:30	09:15:00
8	HARNASKO	BLR	HOOP	07:00:00		07:20:00		08:00:00		08:05:00		09:05:00	09:15:00	09:17:30
9	OBOLONINA	EST	BALL	07:02:30	07:22:30			08:02:30	08:07:30			09:07:30	09:17:30	09:20:00
10	SUZUKI	JPN	HOOP	07:05:00			07:25:00	08:05:00			08:10:00	09:10:00	09:20:00	09:22:30
11	LEWINSKA	POL	BALL	07:07:30		07:27:30		08:07:30		08:12:30		09:12:30	09:22:30	09:25:00
12	JANSEN	RSA	HOOP	07:10:00	07:30:00			08:10:00	08:15:00			09:15:00	09:25:00	09:27:30
13	HONG	KOR	BALL	07:12:30			07:32:30	08:12:30			08:17:30	09:17:30	09:27:30	09:30:00
14	DIDERICH	LUX	HOOP	07:15:00		07:35:00		08:15:00		08:20:00		09:20:00	09:30:00	09:32:30
15	HAVLIKOVA	CZE	BALL	07:17:30	07:37:30			08:17:30	08:22:30			09:22:30	09:32:30	09:35:00
16	WANG Qi	CHN	HOOP	07:20:00			07:40:00	08:20:00			08:25:00	09:25:00	09:35:00	09:37:30
17	PIIROINEN	FIN	BALL	07:22:30		07:42:30		08:22:30		08:27:30		09:27:30	09:37:30	09:40:00
18	ALEMAN	CAN	HOOP	07:25:00	07:45:00			08:25:00	08:30:00			09:30:00	09:40:00	09:42:30
19	MIQUEL	AND	BALL	07:27:30			07:47:30	08:27:30			08:32:30	09:32:30	09:42:30	09:45:00
20	FRATTI	SMR	HOOP	07:30:00		07:50:00		08:30:00		08:35:00		09:35:00	09:45:00	09:47:30
21	NOVAKOVA	CZE	BALL	07:32:30	07:52:30			08:32:30	08:37:30			09:37:30	09:47:30	09:50:00
22	ARKATOVA	KGZ	HOOP	07:35:00			07:55:00	08:35:00			08:40:00	09:40:00	09:50:00	09:52:30
23	BREZALIEVA	BUL	BALL	07:37:30		07:57:30		08:37:30		08:42:30		09:42:30	09:52:30	09:55:00
24	RAMILO	PHI	HOOP	07:40:00	08:00:00			08:40:00	08:45:00			09:45:00	09:55:00	09:57:30
									45 min			10 min	2,30 min	2,30 min
1	CHU	USA	BALL								09:02:30	09:47:30	09:57:30	10:00:00
2	BAHNAS	EGY	HOOP							09:05:00		09:50:00	10:00:00	10:02:30
3	IKAN	UKR	BALL						09:07:30			09:52:30	10:02:30	10:05:00
4	PAIVA	POR	BALL								09:10:00	09:55:00	10:05:00	10:07:30
5	DRAGAS	ITA	HOOP							09:12:30		09:57:30	10:07:30	10:10:00
6	STEINFELD	GER	BALL						09:15:00			10:00:00	10:10:00	10:12:30
7	ZAVAGNO	FRA	HOOP								09:17:30	10:02:30	10:12:30	10:15:00
8	HARNASKO	BLR	BALL							09:20:00		10:05:00	10:15:00	10:17:30
9	OBOLONINA	EST	HOOP						09:22:30			10:07:30	10:17:30	10:20:00
10	SUZUKI	JPN	BALL								09:25:00	10:10:00	10:20:00	10:22:30
11	LEWINSKA	POL	HOOP							09:27:30		10:12:30	10:22:30	10:25:00
12	JANSEN	RSA	BALL						09:30:00			10:15:00	10:25:00	10:27:30
13	HONG	KOR	HOOP								09:32:30	10:17:30	10:27:30	10:30:00
14	DIDERICH	LUX	BALL							09:35:00		10:20:00	10:30:00	10:32:30
15	HAVLIKOVA	CZE	HOOP						09:37:30			10:22:30	10:32:30	10:35:00
16	WANG Qi	CHN	BALL								09:40:00	10:25:00	10:35:00	10:37:30
17	PIIROINEN	FIN	HOOP							09:42:30		10:27:30	10:37:30	10:40:00
18	ALEMAN	CAN	BALL						09:45:00			10:30:00	10:40:00	10:42:30
19	MIQUEL	AND	HOOP								09:47:30	10:32:30	10:42:30	10:45:00
20	FRATTI	SMR	BALL							09:50:00		10:35:00	10:45:00	10:47:30
21	NOVAKOVA	CZE	HOOP						09:52:30			10:37:30	10:47:30	10:50:00
22	ARKATOVA	KGZ	BALL								09:55:00	10:40:00	10:50:00	10:52:30
23	BREZALIEVA	BUL	HOOP							09:57:30		10:42:30	10:52:30	10:55:00
24	RAMILO	PHI	BALL						10:00:00			10:45:00	10:55:00	10:57:30

RGI

RG WORLD CUP MILANO 2026

ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME



10 July GROUP B		NF	APPARATUS	I	H	G	F		E	D	C	B	WAITING ZONE	A	
				GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP	
				20 min	40 min				5 min	60 min				10 min	2,30 min
1	AVGOUSTI	CYP	HOOP	09:02:30			09:22:30	10:02:30			10:07:30	11:07:30	11:17:30	11:20:00	
2	DEMIERRE	SUI	BALL	09:05:00		09:25:00		10:05:00		10:10:00		11:10:00	11:20:00	11:22:30	
3	LICA	ROU	BALL	09:07:30	09:27:30			10:07:30	10:12:30			11:12:30	11:22:30	11:25:00	
4	GRUENIGER	SUI	HOOP	09:10:00			09:30:00	10:10:00			10:15:00	11:15:00	11:25:00	11:27:30	
5	PIGNICZKI	HUN	HOOP	09:12:30		09:32:30		10:12:30		10:17:30		11:17:30	11:27:30	11:30:00	
6	BAUTISTA	ESP	BALL	09:15:00	09:35:00			10:15:00	10:20:00			11:20:00	11:30:00	11:32:30	
7	DJURAEVA	UZB	HOOP	09:17:30			09:37:30	10:17:30			10:22:30	11:22:30	11:32:30	11:35:00	
8	SANCHEZ ARGUEDAS	CRC	BALL	09:20:00		09:40:00		10:20:00		10:25:00		11:25:00	11:35:00	11:37:30	
9	ENGSTRAND	SWE	HOOP	09:22:30	09:42:30			10:22:30	10:27:30			11:27:30	11:37:30	11:40:00	
10	YANG	SGP	BALL	09:25:00			09:45:00	10:25:00			10:30:00	11:30:00	11:40:00	11:42:30	
11	KOVSHOVA	RUS	HOOP	09:27:30		09:47:30		10:27:30		10:32:30		11:32:30	11:42:30	11:45:00	
12	EMIR	TUR	BALL	09:30:00	09:50:00			10:30:00	10:35:00			11:35:00	11:45:00	11:47:30	
13	ABRAHAM	MEX	HOOP	09:32:30			09:52:30	10:32:30			10:37:30	11:37:30	11:47:30	11:50:00	
14	ARTIC	CRO	BALL	09:35:00		09:55:00		10:35:00		10:40:00		11:40:00	11:50:00	11:52:30	
15	YEREKESHEVA	KAZ	HOOP	09:37:30	09:57:30			10:37:30	10:42:30			11:42:30	11:52:30	11:55:00	
16	RAFFAELI	ITA	BALL	09:40:00			10:00:00	10:40:00			10:45:00	11:45:00	11:55:00	11:57:30	
17	KEYS	USA	HOOP	09:42:30		10:02:30		10:42:30		10:47:30		11:47:30	11:57:30	12:00:00	
18	HEICHEL	POL	BALL	09:45:00	10:05:00			10:45:00	10:50:00			11:50:00	12:00:00	12:02:30	
19	SEO	KOR	HOOP	09:47:30			10:07:30	10:47:30			10:52:30	11:52:30	12:02:30	12:05:00	
20	SANTOS	BRA	HOOP	09:50:00		10:10:00		10:50:00		10:55:00		11:55:00	12:05:00	12:07:30	
21	NIKOLOVA	BUL	BALL	09:52:30	10:12:30			10:52:30	10:57:30			11:57:30	12:07:30	12:10:00	
									45 min			10 min	2,30 min	2,30 min	
1	AVGOUSTI	CYP	BALL								11:22:30	12:07:30	12:17:30	12:20:00	
2	DEMIERRE	SUI	HOOP							11:25:00		12:10:00	12:20:00	12:22:30	
3	LICA	ROU	HOOP						11:27:30			12:12:30	12:22:30	12:25:00	
4	GRUENIGER	SUI	BALL								11:30:00	12:15:00	12:25:00	12:27:30	
5	PIGNICZKI	HUN	BALL							11:32:30		12:17:30	12:27:30	12:30:00	
6	BAUTISTA	ESP	HOOP						11:35:00			12:20:00	12:30:00	12:32:30	
7	DJURAEVA	UZB	BALL								11:37:30	12:22:30	12:32:30	12:35:00	
8	SANCHEZ ARGUEDAS	CRC	HOOP							11:40:00		12:25:00	12:35:00	12:37:30	
9	ENGSTRAND	SWE	BALL						11:42:30			12:27:30	12:37:30	12:40:00	
10	YANG	SGP	HOOP								11:45:00	12:30:00	12:40:00	12:42:30	
11	KOVSHOVA	RUS	BALL							11:47:30		12:32:30	12:42:30	12:45:00	
12	EMIR	TUR	HOOP						11:50:00			12:35:00	12:45:00	12:47:30	
13	ABRAHAM	MEX	BALL								11:52:30	12:37:30	12:47:30	12:50:00	
14	ARTIC	CRO	HOOP							11:55:00		12:40:00	12:50:00	12:52:30	
15	YEREKESHEVA	KAZ	BALL						11:57:30			12:42:30	12:52:30	12:55:00	
16	RAFFAELI	ITA	HOOP								12:00:00	12:45:00	12:55:00	12:57:30	
17	KEYS	USA	BALL							12:02:30		12:47:30	12:57:30	13:00:00	
18	HEICHEL	POL	HOOP						12:05:00			12:50:00	13:00:00	13:02:30	
19	SEO	KOR	BALL								12:07:30	12:52:30	13:02:30	13:05:00	
20	SANTOS	BRA	BALL							12:10:00		12:55:00	13:05:00	13:07:30	
21	NIKOLOVA	BUL	HOOP						12:12:30			12:57:30	13:07:30	13:10:00	



RGI

RG WORLD CUP MILANO 2026

ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME



10 July GROUP C	NF	APPARATUS	I	H	G	F		E	D	c	B	WAITING ZONE	A
			GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP
			20 min	40 min		5 min		60 min			10 min	2,30 min	2,30 min
1 KUKK	EST	CLUBS	11:52:30			12:12:30	12:52:30			12:57:30	13:57:30	14:07:30	14:10:00
2 LABADAN	PHI	RIBBON	11:55:00		12:15:00		12:55:00		13:00:00		14:00:00	14:10:00	14:12:30
3 SEYIDZADE	AZE	CLUBS	11:57:30	12:17:30			12:57:30	13:02:30			14:02:30	14:12:30	14:15:00
4 MIRONSKAYA	AUT	RIBBON	12:00:00			12:20:00	13:00:00			13:05:00	14:05:00	14:15:00	14:17:30
5 BORISOVA	RUS	CLUBS	12:02:30		12:22:30		13:02:30		13:07:30		14:07:30	14:17:30	14:20:00
6 MAGDEBURG	SWE	RIBBON	12:05:00	12:25:00			13:05:00	13:10:00			14:10:00	14:20:00	14:22:30
7 DATUNASHVILI	GEO	CLUBS	12:07:30			12:27:30	13:07:30			13:12:30	14:12:30	14:22:30	14:25:00
8 MONTILLA-SANCHEZ	VEN	RIBBON	12:10:00		12:30:00		13:10:00		13:15:00		14:15:00	14:25:00	14:27:30
9 SYTNIKOVA	AUT	CLUBS	12:12:30	12:32:30			13:12:30	13:17:30			14:17:30	14:27:30	14:30:00
10 HELEIKA	EGY	RIBBON	12:15:00			12:35:00	13:15:00			13:20:00	14:20:00	14:30:00	14:32:30
11 DIMITROVA	RSA	CLUBS	12:17:30		12:37:30		13:17:30		13:22:30		14:22:30	14:32:30	14:35:00
12 VIARENICH	BLR	RIBBON	12:20:00	12:40:00			13:20:00	13:25:00			14:25:00	14:35:00	14:37:30
13 STADDEN	KGZ	CLUBS	12:22:30			12:42:30	13:22:30			13:27:30	14:27:30	14:37:30	14:40:00
14 MILLON	FRA	RIBBON	12:25:00		12:45:00		13:25:00		13:30:00		14:30:00	14:40:00	14:42:30
15 MICKUTE	LTU	CLUBS	12:27:30	12:47:30			13:27:30	13:32:30			14:32:30	14:42:30	14:45:00
16 GARRELTS	NED	RIBBON	12:30:00			12:50:00	13:30:00			13:35:00	14:35:00	14:45:00	14:47:30
17 KAJAIA	GEO	CLUBS	12:32:30		12:52:30		13:32:30		13:37:30		14:37:30	14:47:30	14:50:00
18 ALVAREZ AREVALO	CRC	RIBBON	12:35:00	12:55:00			13:35:00	13:40:00			14:40:00	14:50:00	14:52:30
19 ONOFRIICHUK	UKR	CLUBS	12:37:30			12:57:30	13:37:30			13:42:30	14:42:30	14:52:30	14:55:00
20 WANG Zihan	CHN	RIBBON	12:40:00		13:00:00		13:40:00		13:45:00		14:45:00	14:55:00	14:57:30
21 MUNITS	ISR	CLUBS	12:42:30	13:02:30			13:42:30	13:47:30			14:47:30	14:57:30	15:00:00
22 KALLIO	FIN	RIBBON	12:45:00			13:05:00	13:45:00			13:50:00	14:50:00	15:00:00	15:02:30
23 SARANOVA	SVK	CLUBS	12:47:30		13:07:30		13:47:30		13:52:30		14:52:30	15:02:30	15:05:00
24 DOMINGOS	BRA	RIBBON	12:50:00	13:10:00			13:50:00	13:55:00			14:55:00	15:05:00	15:07:30
								45 min			10 min	2,30 min	2,30 min
1 KUKK	EST	RIBBON								14:12:30	14:57:30	15:07:30	15:10:00
2 LABADAN	PHI	CLUBS							14:15:00		15:00:00	15:10:00	15:12:30
3 SEYIDZADE	AZE	RIBBON						14:17:30			15:02:30	15:12:30	15:15:00
4 MIRONSKAYA	AUT	CLUBS								14:20:00	15:05:00	15:15:00	15:17:30
5 BORISOVA	RUS	RIBBON							14:22:30		15:07:30	15:17:30	15:20:00
6 MAGDEBURG	SWE	CLUBS						14:25:00			15:10:00	15:20:00	15:22:30
7 DATUNASHVILI	GEO	RIBBON								14:27:30	15:12:30	15:22:30	15:25:00
8 MONTILLA-SANCHEZ	VEN	CLUBS							14:30:00		15:15:00	15:25:00	15:27:30
9 SYTNIKOVA	AUT	RIBBON						14:32:30			15:17:30	15:27:30	15:30:00
10 HELEIKA	EGY	CLUBS								14:35:00	15:20:00	15:30:00	15:32:30
11 DIMITROVA	RSA	RIBBON							14:37:30		15:22:30	15:32:30	15:35:00
12 VIARENICH	BLR	CLUBS						14:40:00			15:25:00	15:35:00	15:37:30
13 STADDEN	KGZ	RIBBON								14:42:30	15:27:30	15:37:30	15:40:00
14 MILLON	FRA	CLUBS							14:45:00		15:30:00	15:40:00	15:42:30
15 MICKUTE	LTU	RIBBON						14:47:30			15:32:30	15:42:30	15:45:00
16 GARRELTS	NED	CLUBS								14:50:00	15:35:00	15:45:00	15:47:30
17 KAJAIA	GEO	RIBBON							14:52:30		15:37:30	15:47:30	15:50:00
18 ALVAREZ AREVALO	CRC	CLUBS						14:55:00			15:40:00	15:50:00	15:52:30
19 ONOFRIICHUK	UKR	RIBBON								14:57:30	15:42:30	15:52:30	15:55:00
20 WANG Zihan	CHN	CLUBS							15:00:00		15:45:00	15:55:00	15:57:30
21 MUNITS	ISR	RIBBON						15:02:30			15:47:30	15:57:30	16:00:00
22 KALLIO	FIN	CLUBS								15:05:00	15:50:00	16:00:00	16:02:30
23 SARANOVA	SVK	RIBBON							15:07:30		15:52:30	16:02:30	16:05:00
24 DOMINGOS	BRA	CLUBS						15:10:00			15:55:00	16:05:00	16:07:30

10 July GROUP D	NF	APPARATUS	I	H	G	F		E	D	C	B	WAITING ZONE	A
			GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP
			20 min	40 min		5 min		60 min			10 min		2,30 min
1 VERDES	ROU	CLUBS	14:07:30			14:27:30	15:07:30			15:12:30	16:12:30	16:22:30	16:25:00
2 SHAHBAZIAN	CAN	RIBBON	14:10:00		14:30:00		15:10:00		15:15:00		16:15:00	16:25:00	16:27:30
3 LI	HKG	CLUBS	14:12:30	14:32:30			15:12:30	15:17:30			16:17:30	16:27:30	16:30:00
4 NIKOLIC	SRB	RIBBON	14:15:00			14:35:00	14:45:00			15:20:00	16:20:00	16:30:00	16:32:30
5 VARFOLOMEEV	GER	CLUBS	14:17:30		14:37:30		15:17:30		15:22:30		16:22:30	16:32:30	16:35:00
6 HUNG	HKG	RIBBON	14:20:00	14:40:00			15:20:00	15:25:00			16:25:00	16:35:00	16:37:30
7 PICO	ESP	CLUBS	14:22:30			14:42:30	15:22:30			15:27:30	16:27:30	16:37:30	16:40:00
8 ROSSI	SMR	RIBBON	14:25:00		14:45:00		15:25:00		15:30:00		16:30:00	16:40:00	16:42:30
9 YERTAIKYZY	KAZ	CLUBS	14:27:30	14:47:30			15:27:30	15:32:30			16:32:30	16:42:30	16:45:00
10 TAL FRANCO	ISR	RIBBON	14:30:00			14:50:00	15:30:00			15:35:00	16:35:00	16:45:00	16:47:30
11 TUGOLUKOVA	CYP	CLUBS	14:32:30		14:52:30		15:32:30		15:37:30		16:37:30	16:47:30	16:50:00
12 WIESNER	HUN	RIBBON	14:35:00	14:55:00			15:35:00	15:40:00			16:40:00	16:50:00	16:52:30
13 CHEW	SGP	CLUBS	14:37:30			14:57:30	15:37:30			15:42:30	16:42:30	16:52:30	16:55:00
14 GOMES	ANG	RIBBON	14:40:00		15:00:00		15:40:00		15:45:00		16:45:00	16:55:00	16:57:30
15 MALPICA	MEX	CLUBS	14:42:30	15:02:30			15:42:30	15:47:30			16:47:30	16:57:30	17:00:00
16 IKROMOVA	UZB	RIBBON	14:45:00			15:05:00	15:45:00			15:50:00	16:50:00	17:00:00	17:02:30
17 DOMINGUEZ	VEN	CLUBS	14:47:30		15:07:30		15:47:30		15:52:30		16:52:30	17:02:30	17:05:00
18 HOPMAN	NZL	RIBBON	14:50:00	15:10:00			15:50:00	15:55:00			16:55:00	17:05:00	17:07:30
19 KITA	JPN	CLUBS	14:52:30			15:12:30	15:52:30			15:57:30	16:57:30	17:07:30	17:10:00
20 ARAUJO	POR	RIBBON	14:55:00		15:15:00		15:55:00		16:00:00		17:00:00	17:10:00	17:12:30
21 PUSCH	GER	CLUBS	14:57:30	15:17:30			15:57:30	16:02:30			17:02:30	17:12:30	17:15:00
22 JABERI	NED	RIBBON	15:00:00			15:20:00	16:00:00			16:05:00	17:05:00	17:15:00	17:17:30
23 GURBANLI	AZE	CLUBS	15:02:30		15:22:30		16:02:30		16:07:30		17:07:30	17:17:30	17:20:00
24 ZILIONYTE	LUX	RIBBON	15:05:00	15:25:00			16:05:00	16:10:00			17:10:00	17:20:00	17:22:30
								45 min			10 min	2,30 min	2,30 min
1 VERDES	ROU	RIBBON							16:30:00	16:27:30	17:12:30	17:22:30	17:25:00
2 SHAHBAZIAN	CAN	CLUBS									17:15:00	17:25:00	17:27:30
3 LI	HKG	RIBBON						16:32:30			17:17:30	17:27:30	17:30:00
4 NIKOLIC	SRB	CLUBS								16:35:00	17:20:00	17:30:00	17:32:30
5 VARFOLOMEEV	GER	RIBBON							16:37:30		17:22:30	17:32:30	17:35:00
6 HUNG	HKG	CLUBS						16:40:00			17:25:00	17:35:00	17:37:30
7 PICO	ESP	RIBBON								16:42:30	17:27:30	17:37:30	17:40:00
8 ROSSI	SMR	CLUBS							16:45:00		17:30:00	17:40:00	17:42:30
9 YERTAIKYZY	KAZ	RIBBON						16:47:30			17:32:30	17:42:30	17:45:00
10 TAL FRANCO	ISR	CLUBS								16:50:00	17:35:00	17:45:00	17:47:30
11 TUGOLUKOVA	CYP	RIBBON							16:52:30		17:37:30	17:47:30	17:50:00
12 WIESNER	HUN	CLUBS						16:55:00			17:40:00	17:50:00	17:52:30
13 CHEW	SGP	RIBBON								16:57:30	17:42:30	17:52:30	17:55:00
14 GOMES	ANG	CLUBS							17:00:00		17:45:00	17:55:00	17:57:30
15 MALPICA	MEX	RIBBON						17:02:30			17:47:30	17:57:30	18:00:00
16 IKROMOVA	UZB	CLUBS								17:05:00	17:50:00	18:00:00	18:02:30
17 DOMINGUEZ	VEN	RIBBON							17:07:30		17:52:30	18:02:30	18:05:00
18 HOPMAN	NZL	CLUBS						17:10:00			17:55:00	18:05:00	18:07:30
19 KITA	JPN	RIBBON								17:12:30	17:57:30	18:07:30	18:10:00
20 ARAUJO	POR	CLUBS							17:15:00		18:00:00	18:10:00	18:12:30
21 PUSCH	GER	RIBBON						17:17:30			18:02:30	18:12:30	18:15:00
22 JABERI	NED	CLUBS								17:20:00	18:05:00	18:15:00	18:17:30
23 GURBANLI	AZE	RIBBON							17:22:30		18:07:30	18:17:30	18:20:00
24 ZILIONYTE	LUX	CLUBS						17:25:00			18:10:00	18:20:00	18:22:30



FIG RG WORLD CUP MILANO 2026

ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME



10 July 5 BALLS		I	H	G	F		E	D	C	B	WAITING ZONE	A
		GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP
		25 min	45 min				5 min	50 min				10 min
GROUP A												
1	ROU	16:50:00			17:15:00	18:00:00			18:05:00	18:55:00	19:05:00	19:10:00
2	GER	16:55:00		17:20:00		18:05:00		18:10:00		19:00:00	19:10:00	19:15:00
3	FRA	17:00:00	17:25:00			18:10:00	18:15:00			19:05:00	19:15:00	19:20:00
4	CHN	17:05:00			17:30:00	18:15:00			18:20:00	19:10:00	19:20:00	19:25:00
5	ESP	17:10:00		17:35:00		18:20:00		18:25:00		19:15:00	19:25:00	19:30:00
6	AUT	17:15:00	17:40:00			18:25:00	18:30:00			19:20:00	19:30:00	19:35:00
7	KOR	17:20:00			17:45:00	18:30:00			18:35:00	19:25:00	19:35:00	19:40:00
8	POR	17:25:00		17:50:00		18:35:00		18:40:00		19:30:00	19:40:00	19:45:00
9	BUL	17:30:00	17:55:00			18:40:00	18:45:00			19:35:00	19:45:00	19:50:00
10	SVK	17:35:00			18:00:00	18:45:00			18:50:00	19:40:00	19:50:00	19:55:00
11	ISR	17:40:00		18:05:00		18:50:00		18:55:00		19:45:00	19:55:00	20:00:00
12	RUS	17:45:00	18:10:00			18:55:00	19:00:00			19:50:00	20:00:00	20:05:00
13	BLR	17:50:00			18:15:00	19:00:00			19:05:00	19:55:00	20:05:00	20:10:00
14	USA	17:55:00		18:20:00		19:05:00		19:10:00		20:00:00	20:10:00	20:15:00
15	POL	18:00:00	18:25:00			19:10:00	19:15:00			20:05:00	20:15:00	20:20:00
16	CAN	18:05:00			18:30:00	19:15:00			19:20:00	20:10:00	20:20:00	20:25:00
17	UZB	18:10:00		18:35:00		19:20:00		19:25:00		20:15:00	20:25:00	20:30:00
GROUP B												
1	EST	18:30:00			18:55:00	19:40:00			19:45:00	20:35:00	20:45:00	20:50:00
2	JPN	18:35:00		19:00:00		19:45:00		19:50:00		20:40:00	20:50:00	20:55:00
3	CZE	18:40:00	19:05:00			19:50:00	19:55:00			20:45:00	20:55:00	21:00:00
4	KAZ	18:45:00			19:10:00	19:55:00			20:00:00	20:50:00	21:00:00	21:05:00
5	TUR	18:50:00		19:15:00		20:00:00		20:05:00		20:55:00	21:05:00	21:10:00
6	ITA	18:55:00	19:20:00			20:05:00	20:10:00			21:00:00	21:10:00	21:15:00
7	GEO	19:00:00			19:25:00	20:10:00			20:15:00	21:05:00	21:15:00	21:20:00
8	TPE	19:05:00		19:30:00		20:15:00		20:20:00		21:10:00	21:20:00	21:25:00
9	HUN	19:10:00	19:35:00			20:20:00	20:25:00			21:15:00	21:25:00	21:30:00
10	FIN	19:15:00			19:40:00	20:25:00			20:30:00	21:20:00	21:30:00	21:35:00
11	LTU	19:20:00		19:45:00		20:30:00		20:35:00		21:25:00	21:35:00	21:40:00
12	CYP	19:25:00	19:50:00			20:35:00	20:40:00			21:30:00	21:40:00	21:45:00
13	UKR	19:30:00			19:55:00	20:40:00			20:45:00	21:35:00	21:45:00	21:50:00
14	AZE	19:35:00		20:00:00		20:45:00		20:50:00		21:40:00	21:50:00	21:55:00
15	BRA	19:40:00	20:05:00			20:50:00	20:55:00			21:45:00	21:55:00	22:00:00
16	MEX	19:45:00			20:10:00	20:55:00			21:00:00	21:50:00	22:00:00	22:05:00

RGI

RG WORLD CUP MILANO 2026

ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME



11 July GROUP B		NF	APPARATUS	I	H	G	F		E	D	C	B	WAITING ZONE	A	
				GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP	
				20 min	40 min				5 min	60 min				10 min	2,30 min
1	AVGOUSTI	CYP	CLUBS	06:42:30			07:02:30	07:42:30			07:47:30	08:47:30	08:57:30	09:00:00	
2	DEMIERRE	SUI	RIBBON	06:45:00		07:05:00		07:45:00		07:50:00		08:50:00	09:00:00	09:02:30	
3	LICA	ROU	CLUBS	06:47:30	07:07:30			07:47:30	07:52:30			08:52:30	09:02:30	09:05:00	
4	GRUENIGER	SUI	RIBBON	06:50:00			07:10:00	07:50:00			07:55:00	08:55:00	09:05:00	09:07:30	
5	PIGNICZKI	HUN	CLUBS	06:52:30		07:12:30		07:52:30		07:57:30		08:57:30	09:07:30	09:10:00	
6	BAUTISTA	ESP	RIBBON	06:55:00	07:15:00			07:55:00	08:00:00			09:00:00	09:10:00	09:12:30	
7	DJURAEVA	UZB	CLUBS	06:57:30			07:17:30	07:57:30			08:02:30	09:02:30	09:12:30	09:15:00	
8	SANCHEZ ARGUEDAS	CRC	RIBBON	07:00:00		07:20:00		08:00:00		08:05:00		09:05:00	09:15:00	09:17:30	
9	ENGSTRAND	SWE	CLUBS	07:02:30	07:22:30			08:02:30	08:07:30			09:07:30	09:17:30	09:20:00	
10	YANG	SGP	RIBBON	07:05:00			07:25:00	08:05:00			08:10:00	09:10:00	09:20:00	09:22:30	
11	KOVSHOVA	RUS	CLUBS	07:07:30		07:27:30		08:07:30		08:12:30		09:12:30	09:22:30	09:25:00	
12	EMIR	TUR	RIBBON	07:10:00	07:30:00			08:10:00	08:15:00			09:15:00	09:25:00	09:27:30	
13	ABRAHAM	MEX	CLUBS	07:12:30			07:32:30	08:12:30			08:17:30	09:17:30	09:27:30	09:30:00	
14	ARTIC	CRO	RIBBON	07:15:00		07:35:00		08:15:00		08:20:00		09:20:00	09:30:00	09:32:30	
15	YEREKESHEVA	KAZ	CLUBS	07:17:30	07:37:30			08:17:30	08:22:30			09:22:30	09:32:30	09:35:00	
16	RAFFAELI	ITA	RIBBON	07:20:00			07:40:00	08:20:00			08:25:00	09:25:00	09:35:00	09:37:30	
17	KEYS	USA	CLUBS	07:22:30		07:42:30		08:22:30		08:27:30		09:27:30	09:37:30	09:40:00	
18	HEICHEL	POL	RIBBON	07:25:00	07:45:00			08:25:00	08:30:00			09:30:00	09:40:00	09:42:30	
19	SEO	KOR	CLUBS	07:27:30			07:47:30	08:27:30			08:32:30	09:32:30	09:42:30	09:45:00	
20	SANTOS	BRA	RIBBON	07:30:00		07:50:00		08:30:00		08:35:00		09:35:00	09:45:00	09:47:30	
21	NIKOLOVA	BUL	CLUBS	07:32:30	07:52:30			08:32:30	08:37:30			09:37:30	09:47:30	09:50:00	
									45 min			10 min	2,30 min	2,30 min	
1	AVGOUSTI	CYP	RIBBON								09:02:30	09:47:30	09:57:30	10:00:00	
2	DEMIERRE	SUI	CLUBS							09:05:00		09:50:00	10:00:00	10:02:30	
3	LICA	ROU	RIBBON						09:07:30			09:52:30	10:02:30	10:05:00	
4	GRUENIGER	SUI	CLUBS								09:10:00	09:55:00	10:05:00	10:07:30	
5	PIGNICZKI	HUN	RIBBON							09:12:30		09:57:30	10:07:30	10:10:00	
6	BAUTISTA	ESP	CLUBS						09:15:00			10:00:00	10:10:00	10:12:30	
7	DJURAEVA	UZB	RIBBON								09:17:30	10:02:30	10:12:30	10:15:00	
8	SANCHEZ ARGUEDAS	CRC	CLUBS							09:20:00		10:05:00	10:15:00	10:17:30	
9	ENGSTRAND	SWE	RIBBON						09:22:30			10:07:30	10:17:30	10:20:00	
10	YANG	SGP	CLUBS								09:25:00	10:10:00	10:20:00	10:22:30	
11	KOVSHOVA	RUS	RIBBON							09:27:30		10:12:30	10:22:30	10:25:00	
12	EMIR	TUR	CLUBS						09:30:00			10:15:00	10:25:00	10:27:30	
13	ABRAHAM	MEX	RIBBON								09:32:30	10:17:30	10:27:30	10:30:00	
14	ARTIC	CRO	CLUBS							09:35:00		10:20:00	10:30:00	10:32:30	
15	YEREKESHEVA	KAZ	RIBBON						09:37:30			10:22:30	10:32:30	10:35:00	
16	RAFFAELI	ITA	CLUBS								09:40:00	10:25:00	10:35:00	10:37:30	
17	KEYS	USA	RIBBON							09:42:30		10:27:30	10:37:30	10:40:00	
18	HEICHEL	POL	CLUBS						09:45:00			10:30:00	10:40:00	10:42:30	
19	SEO	KOR	RIBBON								09:47:30	10:32:30	10:42:30	10:45:00	
20	SANTOS	BRA	CLUBS							09:50:00		10:35:00	10:45:00	10:47:30	
21	NIKOLOVA	BUL	RIBBON						09:52:30			10:37:30	10:47:30	10:50:00	

11 July GROUP A			NF	APPARATUS	I	H	G	F		E	D	C	B	WAITING ZONE	A
					GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP
					20 min	40 min				5 min	60 min				10 min
1	CHU	USA	CLUBS	08:57:30				09:17:30	09:57:30			10:02:30	11:02:30	11:12:30	11:15:00
2	BAHNAS	EGY	RIBBON	09:00:00			09:20:00		10:00:00		10:05:00		11:05:00	11:15:00	11:17:30
3	IKAN	UKR	CLUBS	09:02:30	09:22:30				10:02:30	10:07:30			11:07:30	11:17:30	11:20:00
4	PAIVA	POR	CLUBS	09:05:00				09:25:00	10:05:00			10:10:00	11:10:00	11:20:00	11:22:30
5	DRAGAS	ITA	RIBBON	09:07:30		09:27:30			10:07:30		10:12:30		11:12:30	11:22:30	11:25:00
6	STEINFELD	GER	CLUBS	09:10:00	09:30:00				10:10:00	10:15:00			11:15:00	11:25:00	11:27:30
7	ZAVAGNO	FRA	RIBBON	09:12:30				09:32:30	10:12:30			10:17:30	11:17:30	11:27:30	11:30:00
8	HARNASKO	BLR	CLUBS	09:15:00		09:35:00			10:15:00		10:20:00		11:20:00	11:30:00	11:32:30
9	OBOLONINA	EST	RIBBON	09:17:30	09:37:30				10:17:30	10:22:30			11:22:30	11:32:30	11:35:00
10	SUZUKI	JPN	CLUBS	09:20:00				09:40:00	10:20:00			10:25:00	11:25:00	11:35:00	11:37:30
11	LEWINSKA	POL	RIBBON	09:22:30		09:42:30			10:22:30		10:27:30		11:27:30	11:37:30	11:40:00
12	JANSEN	RSA	CLUBS	09:25:00	09:45:00				10:25:00	10:30:00			11:30:00	11:40:00	11:42:30
13	HONG	KOR	RIBBON	09:27:30				09:47:30	10:27:30			10:32:30	11:32:30	11:42:30	11:45:00
14	DIDERICH	LUX	CLUBS	09:30:00		09:50:00			10:30:00		10:35:00		11:35:00	11:45:00	11:47:30
15	HAVLIKOVA	CZE	RIBBON	09:32:30	09:52:30				10:32:30	10:37:30			11:37:30	11:47:30	11:50:00
16	WANG Qi	CHN	CLUBS	09:35:00				09:55:00	10:35:00			10:40:00	11:40:00	11:50:00	11:52:30
17	PIROINEN	FIN	RIBBON	09:37:30		09:57:30			10:37:30		10:42:30		11:42:30	11:52:30	11:55:00
18	ALEMAN	CAN	CLUBS	09:40:00	10:00:00				10:40:00	10:45:00			11:45:00	11:55:00	11:57:30
19	MIQUEL	AND	RIBBON	09:42:30				10:02:30	10:42:30			10:47:30	11:47:30	11:57:30	12:00:00
20	FRATTI	SMR	CLUBS	09:45:00		10:05:00			10:45:00		10:50:00		11:50:00	12:00:00	12:02:30
21	NOVAKOVA	CZE	RIBBON	09:47:30	10:07:30				10:47:30	10:52:30			11:52:30	12:02:30	12:05:00
22	ARKATOVA	KGZ	CLUBS	09:50:00				10:10:00	10:50:00			10:55:00	11:55:00	12:05:00	12:07:30
23	BREZALIEVA	BUL	RIBBON	09:52:30		10:12:30			10:52:30		10:57:30		11:57:30	12:07:30	12:10:00
24	RAMILO	PHI	CLUBS	09:55:00	10:15:00				10:55:00	11:00:00			12:00:00	12:10:00	12:12:30
										45 min			10 min	2,30 min	2,30 min
1	CHU	USA	RIBBON									11:17:30	12:02:30	12:12:30	12:15:00
2	BAHNAS	EGY	CLUBS								11:20:00		12:05:00	12:15:00	12:17:30
3	IKAN	UKR	RIBBON							11:22:30			12:07:30	12:17:30	12:20:00

RGI		RG WORLD CUP MILANO 2026													
ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME															
11 July GROUP D		NF	APPARATUS	I	H	G	F		E	D	C	B	WAITING ZONE	A	
				GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP	
				20 min	40 min				5 min	60 min				10 min	2,30 min
1	VERDES	ROU	HOOP	11:52:30			12:12:30	12:52:30			12:57:30	13:57:30	14:07:30	14:10:00	
2	SHAHBAZIAN	CAN	BALL	11:55:00		12:15:00		12:55:00		13:00:00		14:00:00	14:10:00	14:12:30	
3	LI	HKG	HOOP	11:57:30	12:17:30			12:57:30	13:02:30			14:02:30	14:12:30	14:15:00	
4	NIKOLIG	SRB	BALL	12:00:00			12:20:00	13:00:00			13:05:00	14:05:00	14:15:00	14:17:30	
5	VARFOLOMEEV	GER	HOOP	12:02:30		12:22:30		13:02:30		13:07:30		14:07:30	14:17:30	14:20:00	
6	HUNG	HKG	BALL	12:05:00	12:25:00			13:05:00	13:10:00			14:10:00	14:20:00	14:22:30	
7	PICO	ESP	HOOP	12:07:30			12:27:30	13:07:30			13:12:30	14:12:30	14:22:30	14:25:00	
8	ROSSI	SMR	BALL	12:10:00		12:30:00		13:10:00		13:15:00		14:15:00	14:25:00	14:27:30	
9	YERTAIKYZY	KAZ	HOOP	12:12:30	12:32:30			13:12:30	13:17:30			14:17:30	14:27:30	14:30:00	
10	TAL FRANCO	ISR	BALL	12:15:00			12:35:00	13:15:00			13:20:00	14:20:00	14:30:00	14:32:30	
11	TUGOLUKOVA	CYP	HOOP	12:17:30		12:37:30		13:17:30		13:22:30		14:22:30	14:32:30	14:35:00	
12	WIESNER	HUN	BALL	12:20:00	12:40:00			13:20:00	13:25:00			14:25:00	14:35:00	14:37:30	
13	CHEW	SGP	HOOP	12:22:30			12:42:30	13:22:30			13:27:30	14:27:30	14:37:30	14:40:00	
14	GOMES	ANG	BALL	12:25:00		12:45:00		13:25:00		13:30:00		14:30:00	14:40:00	14:42:30	
15	MALPICA	MEX	HOOP	12:27:30	12:47:30			13:27:30	13:32:30			14:32:30	14:42:30	14:45:00	
16	IKROMOVA	UZB	BALL	12:30:00			12:50:00	13:30:00			13:35:00	14:35:00	14:45:00	14:47:30	
17	DOMINGUEZ	VEN	HOOP	12:32:30		12:52:30		13:32:30		13:37:30		14:37:30	14:47:30	14:50:00	
18	HOPMAN	NZL	BALL	12:35:00	12:55:00			13:35:00	13:40:00			14:40:00	14:50:00	14:52:30	
19	KITA	JPN	HOOP	12:37:30			12:57:30	13:37:30			13:42:30	14:42:30	14:52:30	14:55:00	
20	ARAUJO	POR	BALL	12:40:00		13:00:00		13:40:00		13:45:00		14:45:00	14:55:00	14:57:30	
21	PUSCH	GER	HOOP	12:42:30	13:02:30			13:42:30	13:47:30			14:47:30	14:57:30	15:00:00	
22	JABERI	NED	BALL	12:45:00			13:05:00	13:45:00			13:50:00	14:50:00	15:00:00	15:02:30	
23	GURBANLI	AZE	HOOP	12:47:30		13:07:30		13:47:30		13:52:30		14:52:30	15:02:30	15:05:00	
24	ZILIONYTE	LUX	BALL	12:50:00	13:10:00			13:50:00	13:55:00			14:55:00	15:05:00	15:07:30	
									45 min			10 min	2,30 min	2,30 min	
1	VERDES	ROU	BALL								14:12:30	14:57:30	15:07:30	15:10:00	
2	SHAHBAZIAN	CAN	HOOP							14:15:00		15:00:00	15:10:00	15:12:30	
3	LI	HKG	BALL						14:17:30			15:02:30	15:12:30	15:15:00	
4	NIKOLIG	SRB	HOOP								14:20:00	15:05:00	15:15:00	15:17:30	
5	VARFOLOMEEV	GER	BALL							14:22:30		15:07:30	15:17:30	15:20:00	
6	HUNG	HKG	HOOP						14:25:00			15:10:00	15:20:00	15:22:30	
7	PICO	ESP	BALL								14:27:30	15:12:30	15:22:30	15:25:00	
8	ROSSI	SMR	HOOP							14:30:00		15:15:00	15:25:00	15:27:30	
9	YERTAIKYZY	KAZ	BALL						14:32:30			15:17:30	15:27:30	15:30:00	
10	TAL FRANCO	ISR	HOOP								14:35:00	15:20:00	15:30:00	15:32:30	
11	TUGOLUKOVA	CYP	BALL							14:37:30		15:22:30	15:32:30	15:35:00	
12	WIESNER	HUN	HOOP						14:40:00			15:25:00	15:35:00	15:37:30	
13	CHEW	SGP	BALL								14:42:30	15:27:30	15:37:30	15:40:00	
14	GOMES	ANG	HOOP							14:45:00		15:30:00	15:40:00	15:42:30	
15	MALPICA	MEX	BALL						14:47:30			15:32:30	15:42:30	15:45:00	
16	IKROMOVA	UZB	HOOP								14:50:00	15:35:00	15:45:00	15:47:30	
17	DOMINGUEZ	VEN	BALL							14:52:30		15:37:30	15:47:30	15:50:00	
18	HOPMAN	NZL	HOOP						14:55:00			15:40:00	15:50:00	15:52:30	
19	KITA	JPN	BALL								14:57:30	15:42:30	15:52:30	15:55:00	
20	ARAUJO	POR	HOOP							15:00:00		15:45:00	15:55:00	15:57:30	
21	PUSCH	GER	BALL						15:02:30			15:47:30	15:57:30	16:00:00	
22	JABERI	NED	HOOP								15:05:00	15:50:00	16:00:00	16:02:30	
23	GURBANLI	AZE	BALL							15:07:30		15:52:30	16:02:30	16:05:00	
24	ZILIONYTE	LUX	HOOP						15:10:00			15:55:00	16:05:00	16:07:30	

RGI		FIG RG WORLD CUP MILANO 2026													
ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME															
11 July GROUP C	NF	APPARATUS	I	H	G	F		E	D	C	B	WAITING ZONE	A		
			GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP		
			20 min	40 min		5 min		60 min			10 min		2,30 min	2,30 min	
1	KUKK	EST	HOOP	14:07:30			14:27:30	15:07:30			15:12:30	16:12:30	16:22:30	16:25:00	
2	LABADAN	PHI	BALL	14:10:00		14:30:00		15:10:00		15:15:00		16:15:00	16:25:00	16:27:30	
3	SEYIDZADE	AZE	HOOP	14:12:30	14:32:30			15:12:30	15:17:30			16:17:30	16:27:30	16:30:00	
4	MIRONSKAYA	AUT	BALL	14:15:00			14:35:00	15:15:00			15:20:00	16:20:00	16:30:00	16:32:30	
5	BORISOVA	RUS	HOOP	14:17:30		14:37:30		15:17:30		15:22:30		16:22:30	16:32:30	16:35:00	
6	MAGDEBURG	SWE	BALL	14:20:00	14:40:00			15:20:00	15:25:00			16:25:00	16:35:00	16:37:30	
7	DATUNASHVILI	GEO	HOOP	14:22:30			14:42:30	15:22:30			15:27:30	16:27:30	16:37:30	16:40:00	
8	MONTILLA-SANCHEZ	VEN	BALL	14:25:00		14:45:00		15:25:00		15:30:00		16:30:00	16:40:00	16:42:30	
9	SYTNIKOVA	AUT	HOOP	14:27:30	14:47:30			15:27:30	15:32:30			16:32:30	16:42:30	16:45:00	
10	HELEIKA	EGY	BALL	14:30:00			14:50:00	15:30:00			15:35:00	16:35:00	16:45:00	16:47:30	
11	DIMITROVA	RSA	HOOP	14:32:30		14:52:30		15:32:30		15:37:30		16:37:30	16:47:30	16:50:00	
12	VIARENICH	BLR	BALL	14:35:00	14:55:00			15:35:00	15:40:00			16:40:00	16:50:00	16:52:30	
13	STADDEN	KGZ	HOOP	14:37:30			14:57:30	15:37:30			15:42:30	16:42:30	16:52:30	16:55:00	
14	MILLON	FRA	BALL	14:40:00		15:00:00		15:40:00		15:45:00		16:45:00	16:55:00	16:57:30	
15	MICKUTE	LTU	HOOP	14:42:30	15:02:30			15:42:30	15:47:30			16:47:30	16:57:30	17:00:00	
16	GARRELTS	NED	BALL	14:45:00			15:05:00	15:45:00			15:50:00	16:50:00	17:00:00	17:02:30	
17	KAJAIA	GEO	HOOP	14:47:30		15:07:30		15:47:30		15:52:30		16:52:30	17:02:30	17:05:00	
18	ALVAREZ AREVALO	CRC	BALL	14:50:00	15:10:00			15:50:00	15:55:00			16:55:00	17:05:00	17:07:30	
19	ONOFRIICHUK	UKR	HOOP	14:52:30			15:12:30	15:52:30			15:57:30	16:57:30	17:07:30	17:10:00	
20	WANG Zihan	CHN	BALL	14:55:00		15:15:00		15:55:00		16:00:00		17:00:00	17:10:00	17:12:30	
21	MUNITS	ISR	HOOP	14:57:30	15:17:30			15:57:30	16:02:30			17:02:30	17:12:30	17:15:00	
22	KALLIO	FIN	BALL	15:00:00			15:20:00	16:00:00			16:05:00	17:05:00	17:15:00	17:17:30	
23	SARANOVA	SVK	HOOP	15:02:30		15:22:30		16:02:30		16:07:30		17:07:30	17:17:30	17:20:00	
24	DOMINGOS	BRA	BALL	15:05:00	15:25:00			16:05:00	16:10:00			17:10:00	17:20:00	17:22:30	
								45 min			10 min	2,30 min	2,30 min		
1	KUKK	EST	BALL								16:27:30	17:12:30	17:22:30	17:25:00	
2	LABADAN	PHI	HOOP							16:30:00		17:15:00	17:25:00	17:27:30	
3	SEYIDZADE	AZE	BALL						16:32:30			17:17:30	17:27:30	17:30:00	
4	MIRONSKAYA	AUT	HOOP								16:35:00	17:20:00	17:30:00	17:32:30	
5	BORISOVA	RUS	BALL							16:37:30		17:22:30	17:32:30	17:35:00	
6	MAGDEBURG	SWE	HOOP						16:40:00			17:25:00	17:35:00	17:37:30	
7	DATUNASHVILI	GEO	BALL								16:42:30	17:27:30	17:37:30	17:40:00	
8	MONTILLA-SANCHEZ	VEN	HOOP							16:45:00		17:30:00	17:40:00	17:42:30	
9	SYTNIKOVA	AUT	BALL						16:47:30			17:32:30	17:42:30	17:45:00	
10	HELEIKA	EGY	HOOP								16:50:00	17:35:00	17:45:00	17:47:30	
11	DIMITROVA	RSA	BALL							16:52:30		17:37:30	17:47:30	17:50:00	
12	VIARENICH	BLR	HOOP						16:55:00			17:40:00	17:50:00	17:52:30	
13	STADDEN	KGZ	BALL								16:57:30	17:42:30	17:52:30	17:55:00	
14	MILLON	FRA	HOOP							17:00:00		17:45:00	17:55:00	17:57:30	
15	MICKUTE	LTU	BALL						17:02:30			17:47:30	17:57:30	18:00:00	
16	GARRELTS	NED	HOOP								17:05:00	17:50:00	18:00:00	18:02:30	
17	KAJAIA	GEO	BALL							17:07:30		17:52:30	18:02:30	18:05:00	
18	ALVAREZ AREVALO	CRC	HOOP						17:10:00			17:55:00	18:05:00	18:07:30	
19	ONOFRIICHUK	UKR	BALL								17:12:30	17:57:30	18:07:30	18:10:00	
20	WANG Zihan	CHN	HOOP							17:15:00		18:00:00	18:10:00	18:12:30	
21	MUNITS	ISR	BALL						17:17:30			18:02:30	18:12:30	18:15:00	
22	KALLIO	FIN	HOOP								17:20:00	18:05:00	18:15:00	18:17:30	
23	SARANOVA	SVK	BALL							17:22:30		18:07:30	18:17:30	18:20:00	
24	DOMINGOS	BRA	HOOP						17:25:00			18:10:00	18:20:00	18:22:30	

RG

FIG RG WORLD CUP MILANO 2026

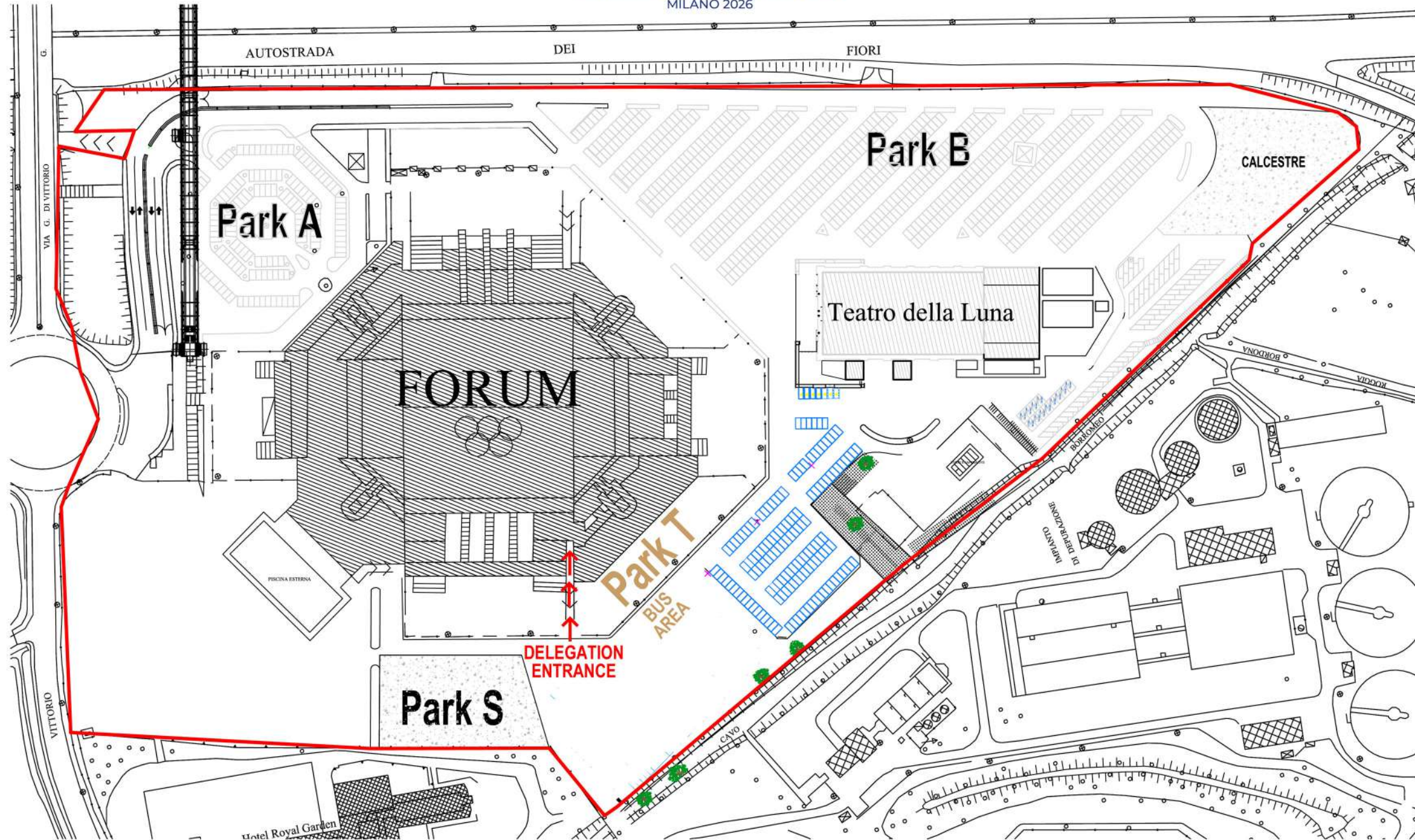


ENTRANCE ALLOWED 15 MINUTES BEFORE YOUR TRAINING START TIME

11 July 3+2		I	H	G	F		E	D	C	B	WAITING ZONE	A
		GALLERY TRAINING					FORUM TRAINING			WARM-UP		FOP
		25 min	45 min				5 min	50 min			10 min	5 min
GROUP B												
1	EST	16:50:00			17:15:00	18:00:00			18:05:00	18:55:00	19:05:00	19:10:00
2	JPN	16:55:00		17:20:00		18:05:00		18:10:00		19:00:00	19:10:00	19:15:00
3	CZE	17:00:00	17:25:00			18:10:00	18:15:00			19:05:00	19:15:00	19:20:00
4	KAZ	17:05:00			17:30:00	18:15:00			18:20:00	19:10:00	19:20:00	19:25:00
5	TUR	17:10:00		17:35:00		18:20:00		18:25:00		19:15:00	19:25:00	19:30:00
6	ITA	17:15:00	17:40:00			18:25:00	18:30:00			19:20:00	19:30:00	19:35:00
7	GEO	17:20:00			17:45:00	18:30:00			18:35:00	19:25:00	19:35:00	19:40:00
8	TPE	17:25:00		17:50:00		18:35:00		18:40:00		19:30:00	19:40:00	19:45:00
9	HUN	17:30:00	17:55:00			18:40:00	18:45:00			19:35:00	19:45:00	19:50:00
10	FIN	17:35:00			18:00:00	18:45:00			18:50:00	19:40:00	19:50:00	19:55:00
11	LTU	17:40:00		18:05:00		18:50:00		18:55:00		19:45:00	19:55:00	20:00:00
12	CYP	17:45:00	18:10:00			18:55:00	19:00:00			19:50:00	20:00:00	20:05:00
13	UKR	17:50:00			18:15:00	19:00:00			19:05:00	19:55:00	20:05:00	20:10:00
14	AZE	17:55:00		18:20:00		19:05:00		19:10:00		20:00:00	20:10:00	20:15:00
15	BRA	18:00:00	18:25:00			19:10:00	19:15:00			20:05:00	20:15:00	20:20:00
16	MEX	18:05:00			18:30:00	19:15:00			19:20:00	20:10:00	20:20:00	20:25:00
GROUP A												
1	ROU	18:30:00		18:55:00		19:40:00		19:45:00		20:35:00	20:45:00	20:50:00
2	GER	18:35:00	19:00:00			19:45:00	19:50:00			20:40:00	20:50:00	20:55:00
3	FRA	18:40:00			19:05:00	19:50:00			19:55:00	20:45:00	20:55:00	21:00:00
4	CHN	18:45:00		19:10:00		19:55:00		20:00:00		20:50:00	21:00:00	21:05:00
5	ESP	18:50:00	19:15:00			20:00:00	20:05:00			20:55:00	21:05:00	21:10:00
6	AUT	18:55:00			19:20:00	20:05:00			20:10:00	21:00:00	21:10:00	21:15:00
7	KOR	19:00:00		19:25:00		20:10:00		20:15:00		21:05:00	21:15:00	21:20:00
8	POR	19:05:00	19:30:00			20:15:00	20:20:00			21:10:00	21:20:00	21:25:00
9	BUL	19:10:00			19:35:00	20:20:00			20:25:00	21:15:00	21:25:00	21:30:00
10	SVK	19:15:00		19:40:00		20:25:00		20:30:00		21:20:00	21:30:00	21:35:00
11	ISR	19:20:00	19:45:00			20:30:00	20:35:00			21:25:00	21:35:00	21:40:00
12	RUS	19:25:00			19:50:00	20:35:00			20:40:00	21:30:00	21:40:00	21:45:00
13	BLR	19:30:00		19:55:00		20:40:00		20:45:00		21:35:00	21:45:00	21:50:00
14	USA	19:35:00	20:00:00			20:45:00	20:50:00			21:40:00	21:50:00	21:55:00
15	POL	19:40:00			20:05:00	20:50:00			20:55:00	21:45:00	21:55:00	22:00:00
16	CAN	19:45:00		20:10:00		20:55:00		21:00:00		21:50:00	22:00:00	22:05:00
17	UZB	19:50:00	20:15:00			21:00:00	21:05:00			21:55:00	22:05:00	22:10:00

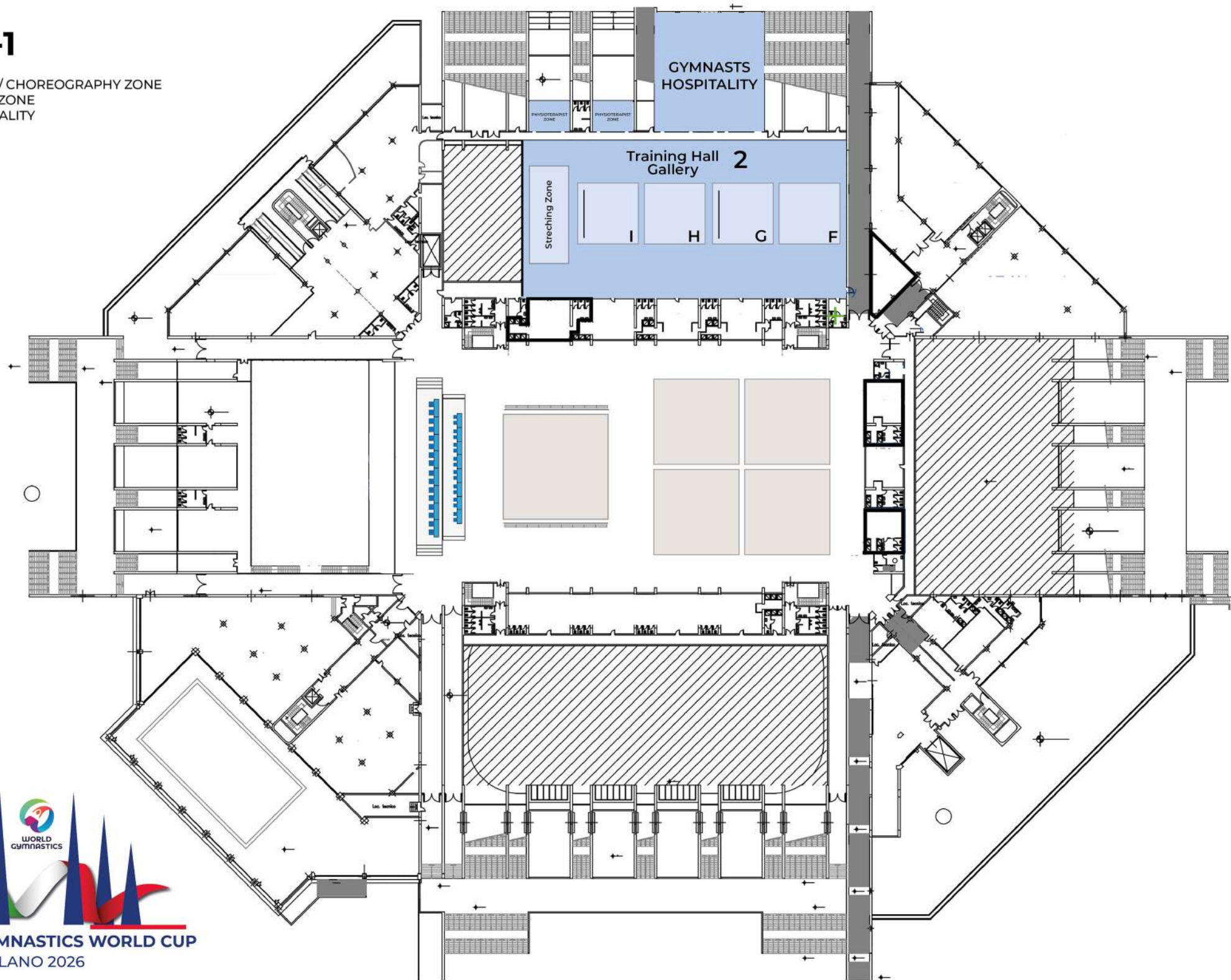
[illegible]

[illegible]



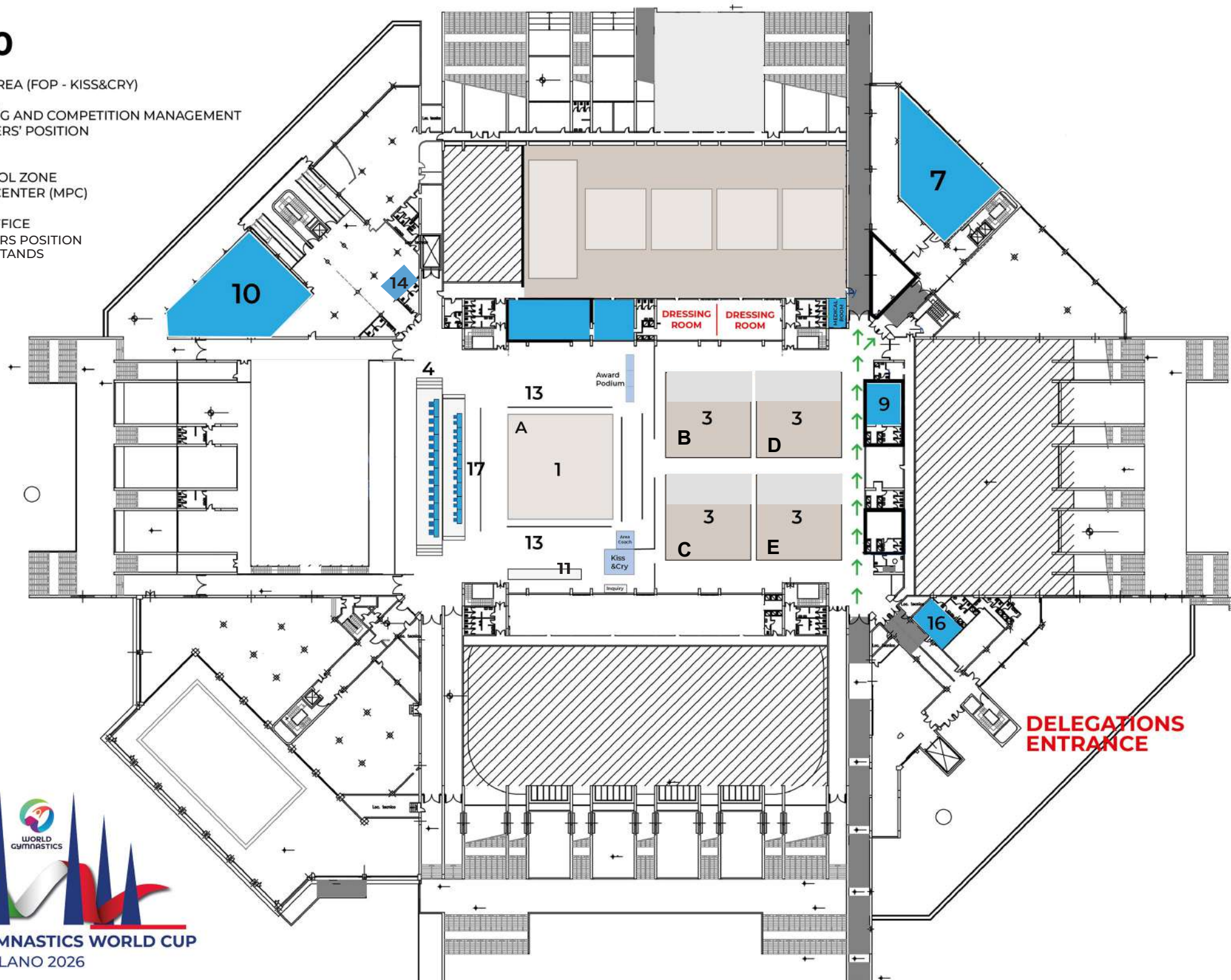
LEVEL -1

2 - TRAINING HALL / CHOREOGRAPHY ZONE
PHYSIOTHERAPISTS ZONE
GYMNASTS HOSPITALITY



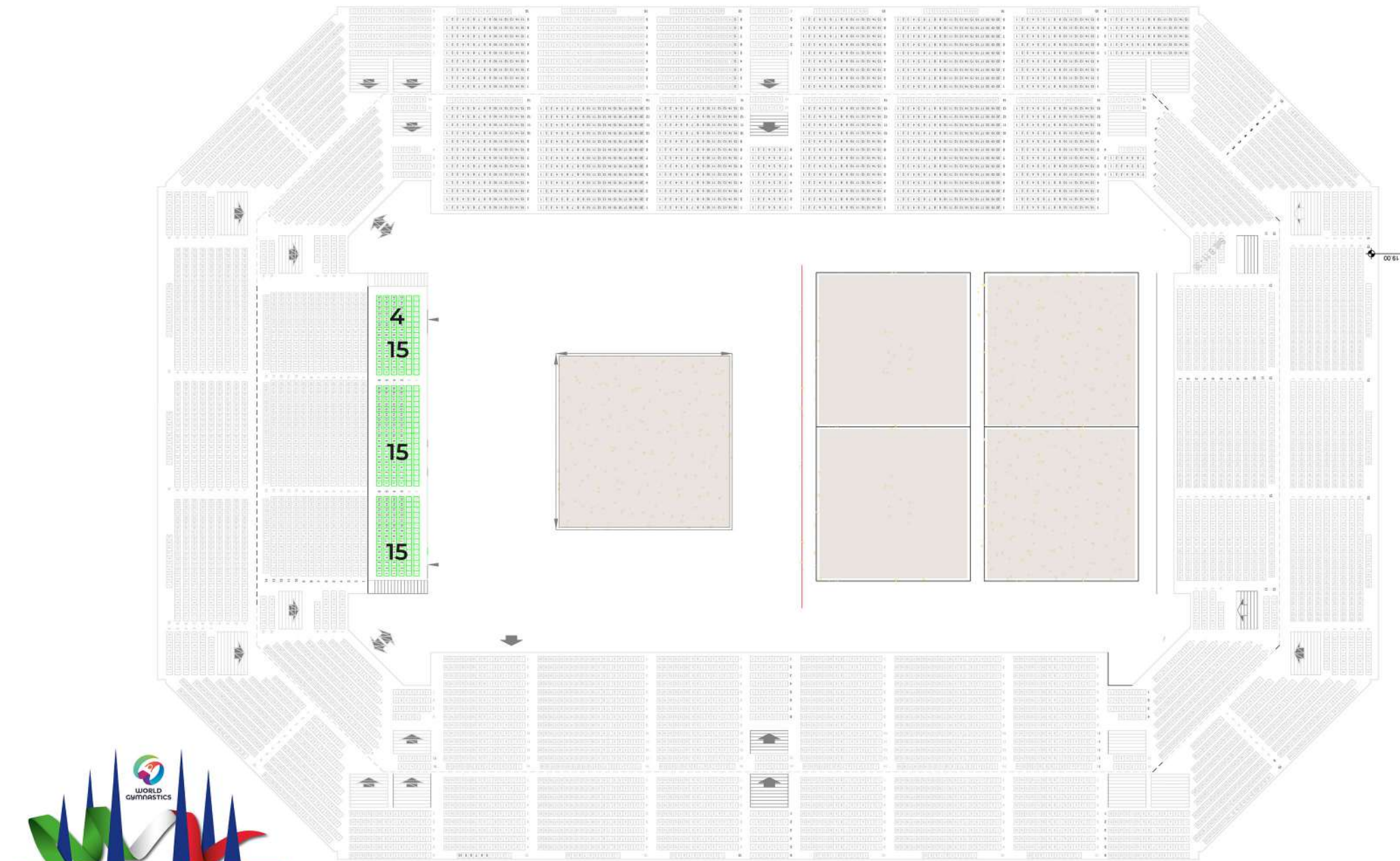
LEVEL 0

- 1 - COMPETITION AREA (FOP - KISS&CRY)
- 3 - WARM-UP HALL
- 4 - JUDGES' SEATING AND COMPETITION MANAGEMENT
- 17 - PHOTOGRAPHERS' POSITION
- 14 - MIXED ZONE
- 7 - LOC OFFICE
- 9 - DOPING CONTROL ZONE
- 10 - MEDIA PRESS CENTER (MPC)
- MEDICAL ROOM
- 16 - TRANSPORT OFFICE
- 13 - PHOTOGRAPHERS POSITION
- 11 - MEDIA GRANDSTANDS



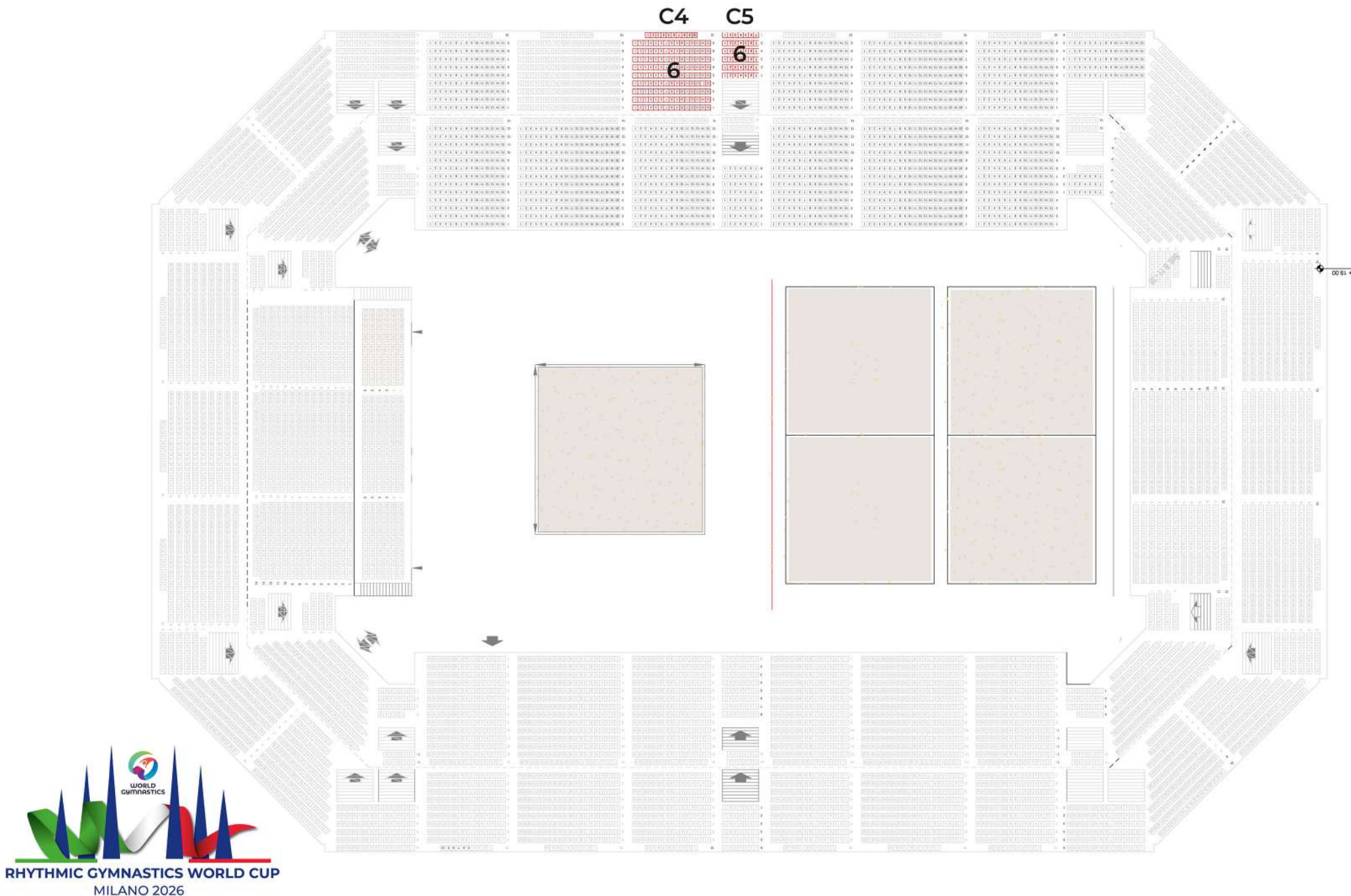
LEVEL 1

4 - JUDGES SEATINGS
15 - VIP SEATINGS



LEVEL 2

6 - DELEGATION SEATINGS





SHUTTLE LINES

**NH
LINE**

 NH HOTEL
UNIPOL FORUM
NH HOTEL

**BELSTAY
LINE**

 BELSTAY HOTEL
UNIPOL FORUM
BELSTAY HOTEL



BUS LINES TIMETABLE

Thursday July 9nd 2026

Hotel-Forum-Hotel Line

From Belstay to Forum <i>Departure Time</i>	From Forum to Hotel <i>Departure Time</i>
06:25	06:45
06:55	07:15
07:35	07:55
08:15	08:35
08:55	09:15
09:35	09:55
10:15	10:35
10:55	11:15
11:35	11:55
12:15	12:35
12:55	13:15
13:35	13:55
14:15	14:35
14:55	15:15
15:35	15:55
16:15	16:35
16:55	17:15
17:35	17:55
18:15	18:35
18:55	19:15
19:35	19:55
20:15	20:35
20:55	21:15



BUS LINES TIMETABLE

Friday July 10nd 2026

Hotel-Forum-Hotel Line

From Belstay to Forum <i>Departure Time</i>	From Forum to Hotel <i>Departure Time</i> 
06:10	06:30
06:50	07:10
07:30	07:50
08:10	08:30
08:50	09:10
09:30	09:50
10:10	10:30
10:50	11:10
11:30	11:50
12:10	12:30
12:50	13:10
13:30	13:50
14:10	14:30
14:50	15:10
15:30	15:50
16:10	16:30
16:50	17:10
17:30	17:50
18:10	18:30
18:50	19:10
19:30	19:50
20:10	20:30
20:50	21:10
21:30	21:50
	22:30



BUS LINES TIMETABLE

Saturday July 11nd 2026

Hotel-Forum-Hotel Line

From Belstay to Forum <i>Departure Time</i>	From Forum to Hotel <i>Departure Time</i> 
06:10	06:30
06:50	07:10
07:30	07:50
08:10	08:30
08:50	09:10
09:30	09:50
10:10	10:30
10:50	11:10
11:30	11:50
12:10	12:30
12:50	13:10
13:30	13:50
14:10	14:30
14:50	15:10
15:30	15:50
16:10	16:30
16:50	17:10
17:30	17:50
18:10	18:30
18:50	19:10
19:30	19:50
20:10	20:30
20:50	21:10
21:30	21:50
	22:30
	23:10



BUS LINES TIMETABLE

Sunday July 12nd 2026

Hotel-Forum-Hotel Line

From Belstay to Forum <i>Departure Time</i>	From Forum to Hotel <i>Departure Time</i> 
10:30	10:50
11:10	11:30
11:50	12:10
12:30	12:50
13:10	13:30
13:50	14:10
14:30	14:50
15:10	15:30
15:50	16:10
16:30	16:50
17:10	17:30
17:50	18:10
18:30	18:50
19:10	19:30
	20:10



BUS LINES TIMETABLE

Thursday July 9nd 2026

Hotel-Forum-Hotel Line

From NH Congress to Forum <i>Departure Time</i>	From Forum to Hotel <i>Departure Time</i>	
06:00	06:15	
06:15	06:35	
06:55	07:15	
07:35	07:55	
08:15	08:35	
08:55	09:15	
09:35	09:55	
10:15	10:35	
10:55	11:15	
11:35	11:55	
12:15	12:35	
12:55	13:15	
13:35	13:55	
14:15	14:35	
14:55	15:15	
15:35	15:55	
16:15	16:35	
16:55	17:15	
17:35	17:55	
18:15	18:35	
18:55	19:15	
19:35	19:55	
20:15	20:35	
	21:15	



BUS LINES TIMETABLE

Friday July 10nd 2026

Hotel-Forum-Hotel Line

From NH Congress to Forum <i>Departure Time</i>	From Forum to Hotel <i>Departure Time</i>
06:10	06:30
06:50	07:10
07:30	07:50
08:10	08:30
08:50	09:10
09:30	09:50
10:10	10:30
10:50	11:10
11:30	11:50
12:10	12:30
12:50	13:10
13:30	13:50
14:10	14:30
14:50	15:10
15:30	15:50
16:10	16:30
16:50	17:10
17:30	17:50
18:10	18:30
18:50	19:10
19:30	19:50
20:10	20:30
20:50	21:10
21:30	21:50
	22:30



BUS LINES TIMETABLE

Saturday July 11nd 2026

Hotel-Forum-Hotel Line

From NH Congress to Forum <i>Departure Time</i>	From Forum to Hotel <i>Departure Time</i>	
06:10	06:30	
06:50	07:10	
07:30	07:50	
08:10	08:30	
08:50	09:10	
09:30	09:50	
10:10	10:30	
10:50	11:10	
11:30	11:50	
12:10	12:30	
12:50	13:10	
13:30	13:50	
14:10	14:30	
14:50	15:10	
15:30	15:50	
16:10	16:30	
16:50	17:10	
17:30	17:50	
18:10	18:30	
18:50	19:10	
19:30	19:50	
20:10	20:30	
20:50	21:10	
21:30	21:50	
	22:30	
	23:10	



BUS LINES TIMETABLE

Sunday July 12nd 2026

Hotel-Forum-Hotel Line

From NH Congress to Forum <i>Departure Time</i>	From Forum to Hotel  <i>Departure Time</i>
10:30	10:50
11:10	11:30
11:50	12:10
12:30	12:50
13:10	13:30
13:50	14:10
14:30	14:50
15:10	15:30
15:50	16:10
16:30	16:50
17:10	17:30
17:50	18:10
18:30	18:50
19:10	19:30
	20:10