

Open warm-up in events 15.30 -16.45

Competition opening 16:50

WAG Youth group 1			WAG Youth group 2		
1	Hedda Sophie Flagstad	Løten TF	6	Sara Vik	Tomrefjord IL Turn
2	Madelen kringstad Leitner	Oslo TF	7	Hedda Folden	Tomrefjord IL Turn
3	Thelma Placht	Oslo TF	8	Anniken Linnea Christiansen Olsen	Fana IL
4	Scarlett Rennesund	Oslo TF	9	Moona Mäkinen	Voimisteluseura Keski-Uusimaa
5	Elina Grawin	Stockholm Top Gymnastics	10	Nella Männikkö	Voimisteluseura Keski-Uusimaa

Competition WAG Youth

Friday	Vault	Bars	Beam	Floor
17.00-17.35	Gr. 1	Gr. 2		
17.35-18.10	Gr. 2	Gr. 1		
18.10-18.45			Gr. 1	Gr. 2
18.45-19.20			Gr. 2	Gr. 1

MAG Youth group 1		
1	Sebastian Dyngeland	Stavanger
2	Marcus Haaland	Stavanger
3	Brede Rangnes	Stavanger
4	Jakob Rønneberg	Stavanger
5	Christian Stenbakken	Stavanger
6	Leon Sønsteng	Hoppensprett
7	Sebastian Sponevik	Hoppensprett
8	Jakob Kvamsøe	Bergen

Competition MAG Youth

Friday	Floor	P.horse	Rings	Vault	P.bar	H.bar
17.00-17.25	Gr. 1					
17.25-17.50		Gr. 1				
17.50-18.15			Gr. 1			
18.15-18.40				Gr. 1		
18.40-19.05					Gr. 1	
19.05-19.30						Gr. 1

Open warm-up MAG: 09.00 -10.45

Competition MAG Junior

Saturday	Floor	P.horse	Rings	Vault	P.bar	H.bar
11.00-11.25	Gr. 1	Gr. 2	Gr. 3			
11.25-11.50	Gr. 3	Gr. 1	Gr. 2			
11.50-12.15	Gr. 2	Gr. 3	Gr. 1			
12.15-12.40				Gr. 1	Gr. 2	Gr. 3
12.40-13.05				Gr. 3	Gr. 1	Gr. 2
13.05-13.30				Gr. 2	Gr. 3	Gr. 1

MAG Junior group 1		
1	Theodor Roald Gadderud	Oslo TF
2	Jacob Gudim Karlsen	Oslo TF
3	Joar Birkeland Amblie	Oslo TF
4	Magnus Nygaard-Damm	Oslo TF
5	Laurits Vambheim Hegbom	Oslo TF
6	Simon Foote	Oslo TF
7	Henrik Nørgaard	Nedre Glomma
MAG Junior group 2		
8	Aksel Stendahl	Stavanger
9	Filip Noraas	Stavanger
10	Peder F Skogvang	Tromsø Turnforening
11	Iver O Heggelund	Tromsø Turnforening
12	Kasper Sjøthun	Tromsø Turnforening
13	Sebastian Bjerkan	Trondhjems Turnforening
14	Jesper Henriksen	Trondhjems Turnforening
15	Kasper P. Dale	Trondhjems Turnforening
MAG Junior group 3		
16	Pål Kristian Galtung Døsvig	Bergen
17	Leander Skreien	Bergen
18	Niklas Syverhuset	Elverum Turn
19	Didrik Gundersen	Elverum Turn
20	Petter Steinsvik-Nilsen	Hoppensprett
21	Elias Benjamin Roti Egli	Njård
22	Andreas Eek-Floten	Njård
23	Brage Eckhoff Planke	Njård

Lag:
Oslo Turn
Njård
Tromsø
Trondheim

Warm-up plan WAG junior

Saturday	Vault	Bars	Beam	Floor
08.45-09.15	Gr. 2	Gr. 3	Gr. 4	Gr. 1
09.15-09.45	Gr. 3	Gr. 4	Gr. 1	Gr. 2
09.45-10.15	Gr. 4	Gr. 1	Gr. 2	Gr. 3
10.15-10.45	Gr. 1	Gr. 2	Gr. 3	Gr. 4

Competition WAG junior

Saturday	Vault	Bars	Beam	Floor
11.00-11.35	Gr. 1	Gr. 2	Gr. 3	Gr. 4
11.35-12.10	Gr. 4	Gr. 1	Gr. 2	Gr. 3
12.10-12.45	Gr. 3	Gr. 4	Gr. 1	Gr. 2
12.45-13.20	Gr. 2	Gr. 3	Gr. 4	Gr. 1

Lag:
Holmen
Moss
Nidaros
Oslo TF
Skive GF
Sotra
STG
Voimisteluseura Keski-Uusimaa

WAG Junior Group 1			WAG Junior Group 2		
1	Emma Hegreberg	Moss Turnforening	12	Jenny Haare Haakegård	Holmen tropp og turnforening
2	Oline Rolfsøn	Moss Turnforening	13	Julie R. Madsø	Holmen tropp og turnforening
3	Silje Thorum	Moss Turnforening	14	Åsne Øyulvstad	Holmen tropp og turnforening
4	Annika Hegreberg	Moss Turnforening	15	Hedvig Saga	Holmen tropp og turnforening
5	Benedicte Olsen	Moss Turnforening	16	Mari T. Kanter	Holmen tropp og turnforening
6	Mali Trongmo Neurauter	Oslo Turnforening	17	Monja Sønsteng	Hoppensprett turn Jessheim
7	Selma Andrea Halvorsen	Oslo Turnforening	18	Natalie Quanvik	Hoppensprett turn Jessheim
8	Sarah Victoria Halvorsen	Oslo Turnforening	19	Kaya-Emilie L. Skjolddal	Sotra
9	Marie Nilsen Rønbeck	Oslo Turnforening	20	Julie Fadnes	Sotra
10	Selma Gudim Karlsen	Oslo Turnforening	21	Rikke Bjelde Landøy	Sotra
11	Pernille Eiken Fosse	Hødd	22	Marte Lunde	Sotra
			23	Mina Sørensen	Drammen
WAG Junior Group 3			WAG Junior Group 4		
24	Mathilde Sjøvik Olberg	Nidaros Turn	35	Synne Marie T.Wiig	Trondhjems Turnforening
25	Anna Løvås Holmen	Nidaros Turn	36	Pil Henriksen	Trondhjems Turnforening
26	Marthe Bjørgen	Nidaros Turn	37	Stina Elvestad	Trøgstad
27	Nathalie Westlund	Stockholm Top Gymnastics	38	Iida Haapala	Voimisteluseura Keski-Uusimaa
28	Jennifer Williams	Stockholm Top Gymnastics	39	Peppi Palmuaro	Voimisteluseura Keski-Uusimaa
29	Malva Lundqvist Wingren	Stockholm Top Gymnastics	40	Ilona Kossila	Voimisteluseura Keski-Uusimaa
30	Caroline Krogsgaard	Skive Gymnastikforening	41	Aurora Tunsberg	Stavanger
31	Dagmar Jensen	Skive Gymnastikforening	42	Emilie Anine Kristensen	Stavanger
32	Sarah Frøslev	Skive Gymnastikforening	43	Aino Elgentytär Namtvedt	Elverum Turn
33	Guro Nevland	Siddis	44	Ingrid Dystvold	Hamar IL
34	Helene Ask Hansen	Siddis	45	Gina Halvorsen	Rena IL Turn

Open warm-up MAG: 14.00 -15.45

Competition MAG Senior

Saturday	Floor	P.horse	Rings	Vault	P.bar	H.bar
16.00-16.25	Gr. 1	Gr. 2	Gr. 3			
16.25-16.50	Gr. 3	Gr. 1	Gr. 2			
16.50-17.15	Gr. 2	Gr. 3	Gr. 1			
17.15-17.40				Gr. 1	Gr. 2	Gr. 3
17.40-18.05				Gr. 3	Gr. 1	Gr. 2
18.05-18.30				Gr. 2	Gr. 3	Gr. 1

MAG Senior Group 1		
1	Even Persen Nøtland	Njård
2	Odin Kalvø	Njård
3	Nikolai Rønbeck	Oslo TF
4	Marius Wester Reistad	Oslo TF
5	Philip Fleischer	Oslo TF
6	Sofus Heggemsnes	Oslo TF
MAG Senior Group 2		
7	Henrik Stiansen	Nedre Glomma
8	Nore Skulesson Stene	Nedre Glomma
9	Skage Skulesson Stene	Nedre Glomma
10	Fredrik Bjørnevik Aas	Nedre Glomma
11	Harald Grimsrud Wibye	Nedre Glomma
12	Fredrik Johnsen	Hoppensprett
MAG Senior Group 3		
13	Simen S Uriansrud	Bergen
14	Vetle Talsnes	Elverum Turn
15	Stian Skjerahaug	Stavanger
16	Magnus Dahl-Hansen	Tromsø Turnforening
17	Marius Jullum Faanes	Trondhjems Turnforening
18	Jesper Opheim	Trondhjems Turnforening

Lag:
Oslo
Nedre Glomma

Open warm-up WAG: 14.00 -
15.45

Competition WAG senior

Saturday	Vault	Bars	Beam	Floor
16.00-16.35	Gr. 1	Gr. 2	Gr. 3	Gr. 4
16.35-17.10	Gr. 4	Gr. 1	Gr. 2	Gr. 3
17.10-17.45	Gr. 3	Gr. 4	Gr. 1	Gr. 2
17.45-18.20	Gr. 2	Gr. 3	Gr. 4	Gr. 1

Lag:
Nidaros
Oslo
Trondheim

WAG Senior Group 1			WAG Senior Group 2		
1	Juliane Tøssebro	Sotra	9	Vilma Oline Aarflott Smestad	Nidaros Turn
2	Martine Rustøen Skregelid	Asker	10	Oline Sneve Strand	Nidaros Turn
3	Julie Charlotte Søderstrøm	Oslo TF	11	Martine Arntzen Johnsen	Nidaros Turn
4	Sofie Bråten	Oslo TF	12	Tyra braderup	Nidaros Turn
5	Mira Trongmo Neurauter	Oslo TF	13	Serina Kvæstad	Drammen
6	Sofie Skåttun	Oslo TF	14	Nora Irgens	Fana IL
7	Ella Hegna Eggen	Oslo TF	15	Julie Dicko Erichsen	Laksevåg
8	Vilde Birkeland Amblie	Oslo TF	16	Sara Davidsen	Laksevåg
WAG Senior Group 3			WAG Senior Group 4		
17	Lilia Meisel	Göteborg	24	Maja Sandfridsson	TGS Tidaholms gymnastiksällskap
18	Kristin Bjørnbak	HSIL	25	Maya Ståhl	TGS Tidaholms gymnastiksällskap
19	Edel Charlotte Eiken Fosse	Hødd	26	Kristine Jullum Faanes	Trondhjems Turnforening
20	Gabriela Janik	National Poland	27	Sara Myrvold	Trondhjems Turnforening
21	Camilla Aukland	Stavanger	28	Mona Ulseth Sylte	Trondhjems Turnforening
22	Elvira Stendahl	Stavanger	29	Anette Kvaløy	Trondhjems Turnforening
23	Harriet Stendahl	Stavanger	30	Synne Rinaldo Pedersen	Siddis

Finals WAG/MAG junior and senior

Open warm up: 09.30-11.45

Finals WAG/MAG junior and senior

WAG		MAG	
Gr. 1	Gr. 2	Gr. 1	Gr. 2
6 senior	6 junior	6 senior	6 junior

Competition Finals WAG junior and senior

Sunday	Vault	Bars	Beam	Floor
12.00-12.25	Gr. 1	Gr.2		
12.25-12.50	Gr.2	Gr. 1		
12.50-13.15				
13.15-13.40			Gr. 1	Gr. 2
13.40-14.05			Gr. 2	Gr. 1
14.05-14.30				

Competition Finals MAG junior and senior

Sunday	Floor	P.horse	Rings	Vault	P.bar	H.bar
12.00-12.25	Gr. 1	Gr. 2				
12.25-12.50	Gr. 2	Gr. 1				
12.50-13.15			Gr. 1	Gr. 2		
13.15-13.40			Gr. 2	Gr. 1		
13.40-14.05					Gr. 1	Gr. 2
14.05-14.30					Gr. 2	Gr. 1