

SUBDIVISION 1 WARM UP SCHEDULE

| Rotation | FX | PH | SR | Vt | PB | HB |
|----------|---|---|---|---|---|---|
| 1 | Östersund (2) Nordstrand (2) | Gymna 2 (4) | Nordstrand 1 (4) | Sostines (4) SM Startas (1) | HFG 3 (3) Nike (1) | GFÖ (3) Slemmestad (1) Hammar (1) |
| 2 | GFÖ (3) Slemmestad (1) Hammar (1) | Östersund (2) Nordstrand (2) | Gymna 2 (4) | Nordstrand 1 (4) | Sostines (4) SM Startas (1) | HFG 3 (3) Nike (1) |
| 3 | HFG 3 (3) Nike (1) | GFÖ (3) Slemmestad (1) Hammar (1) | Östersund (2) Nordstrand (2) | Gymna 2 (4) | Nordstrand 1 (4) | Sostines (4) SM Startas (1) |
| 4 | Sostines (4) SM Startas (1) | HFG 3 (3) Nike (1) | GFÖ (3) Slemmestad (1) Hammar (1) | Östersund (2) Nordstrand (2) | Gymna 2 (4) | Nordstrand 1 (4) |
| 5 | Nordstrand 1 (4) | Sostines (4) SM Startas (1) | HFG 3 (3) Nike (1) | GFÖ (3) Slemmestad (1) Hammar (1) | Östersund (2) Nordstrand (2) | Gymna 2 (4) |
| 6 | Gymna 2 (4) | Nordstrand 1 (4) | Sostines (4) SM Startas (1) | HFG 3 (3) Nike (1) | GFÖ (3) Slemmestad (1) Hammar (1) | Östersund (2) Nordstrand (2) |

* Number of gymnasts in brackets