

1. Clubs and Gymnasts (WAG)

CLUB	TEAM	Nº	NAME	CATEGORY
Acro Clube da Maia	1	1	INÊS SOALHÕES	Junior
		2	MARIANA PITREZ	Senior
		3	BEATRIZ DIAS	
		4	BEATRIZ CARDOSO	
CEMG Majadahonda	1	5	ROCIO HERNANDEZ HERRERO	Youth
		6	CARLOTA PINO SUAREZ	Junior
		7	ANDREA CANOYRA	Senior
		8	EVA SANCHEZ	
GCP	1	9	MARIA MENESES	Youth
		10	MARIANA PARENTE	
		11	LEONOR ROCHA	Junior
		12	MARIA JOÃO MENDES	
	2	13	NADIA ALMEIDA	Youth
		14	MARTA SILVA	
		15	BENEDITA GUIMARÃES	Junior
	16	CATARINA ALMEIDA		
IND	17	JOANA CARVALHO	Youth	
IND	18	BEATRIZ RODRIGUES		
LGC	1	19	MARIA CALISTO	Youth
		20	MARTA ABRUNHOSA	Junior
		21	DANIELA FLORES	Senior
		22	MARIANA MARIANITO	
	IND	23	LARA SISMEIRO	Youth
Sport Clube do Porto	1	24	GABRIELA ALVES	Youth
		25	LIA SOBRAL	Junior
		26	MAFALDA COSTA	
		27	RAFAELA ISABEL FERREIRA	Senior
	2	28	LEONOR SOARES	Youth
		29	MARIA RAMALHO	
		30	CAROLINA ALMEIDA	Senior
	31	RAFAELA ALEXANDRA FERREIRA		
	3	32	CAROLINA MARQUES	Youth
		33	RITA FRANÇA	
34		LEONOR SOUSA	Senior	
Stockholm Top Gymnastics	1	18	ALVA ERIKSSON	Junior
		19	TESS HARTZELL	Senior
		20	MALVA LUNDQVIST WINGREN	

WAG – March 2nd

- Competition WAG (All Around and Team)

Youth: 12h30 (General Warm-Up)

Apparatus Warm-Up: 13h00

Initial ceremony: 13h55

Competition Start: 14h00

Award Ceremony: 19h45

Cat. I	Cat. II	Cat. III
Born 2006-2007	Born 2004-2005	Born 2003,
Youth	Juniors	Seniors
Program Portugal Adapted	Program FIG Juniors	Program FIG

Youth

GROUP	CLUB	Nº	NAME	CATEGORY	TEAM
A	GCP	9	MARIA MENESES	Youth	1
		10	MARIANA PARENTE		1
		13	NADIA ALMEIDA		2
	CEMG MAJADAHONDA	5	ROCIO HERNANDEZ HERRERO		IND
B	GCP	14	MARTA SILVA	Youth	2
		18	BEATRIZ RODRIGUES		IND
	LGC	19	MARIA CALISTO		1
		23	LARA SISMEIRO		IND
C	SpCP	24	GABRIELA ALVES	Youth	1
		28	LEONOR SOARES		2
		29	MARIA RAMALHO		2
		32	CAROLINA MARQUES		3

Warm-Up Youth – 13h00

Rotation/Apparatus	VAULT	A. BARS	BEAM	FLOOR
13h – 13h13		A	B	C
13h13 – 13h26	C		A	B
13h26 – 13h39	B	C		A
13h39 – 13h52	A	B	C	

– 14h00

Rotation/Apparatus	VAULT	A. BARS	BEAM	FLOOR
1	A (32,31,21,35)	B (36,16,17,39)	C (4,11,7,8)	
2		A (31,21,35,32)	B (16,17,39,36)	C (11,7,8,4)
3	C (7,8,4,11)		A (21,35,32,31)	B (17,39,36,16)

4	B (39,36,16,17)	C (8,4,11,7)	A (35,32,31,21)
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WAG – March 2nd

- Competition WAG (All Around and Team)

Juniors, Seniors: 15h00 (General War-Up)

Apparatus Warm-Up: 15h25

Initial Ceremony: 16h25

Competition Start: 16h30

Awards Ceremony: 19h45

Juniors, Seniors

GROUP	CLUB	Nº	NAME	CATEGORY	TEAM
D	Sport Clube do Porto	25	LIA SOBRAL	Senior	1
		26	MAFALDA COSTA	Junior	
		27	RAFAELA ISABEL FERREIRA	Senior	2
		30	CAROLINA ALMEIDA		
		31	RAFAELA ALEXANDRA FERREIRA		
		33	RITA FRANÇA	3	
		34	LEONOR SOUSA		
E	LGC	20	MARTA ABRUNHOSA	Senior	1
		21	DANIELA FLORES		
		22	MARIANA MARIANITO	Junior	
	CEMG Majadahonda	6	CARLOTA PINO SUAREZ	Junior	1
		7	ANDREA CANOYRA		
		8	EVA SANCHEZ	Senior	
G	Ginásio Clube Português	11	LEONOR ROCHA	Junior	1
		12	MARIA JOÃO MENDES		
		15	BENEDITA GUIMARÃES	2	
	Stockholm Top Gymnastics	18	ALVA ERIKSSON	Junior	1
		19	TESS HARTZELL		
		20	MALVA LUNDQVIST WINGREN	Senior	
F	Acro Clube da Maia	1	INÊS SOALHÕES	Junior	1
		2	MARIANA PITREZ	Senior	
		3	BEATRIZ DIAS		
		4	BEATRIZ CARDOSO		
	Ginásio Clube Português	16	CATARINA ALMEIDA	Junior	2
		18	JOANA CARVALHO		Ind

Aquecimento Juniors, Seniors : 15h25

Rotation/Apparatus	VAULT	A. BARS	BEAM	FLOOR
15h25 – 15h40	E	G	F	D
15h40 – 15h55	D	E	G	F
15h55 – 16h10	F	D	E	G
16h10 – 16h25	G	F	D	E

Ordem de Passagem Juniors, Seniors: 16h30

Rotation/Apparatus	VAULT	A. BARS	BEAM	FLOOR
1	G (STG; GCP)	F (GCP; ACM)	D (1,3,2)	E(CEMG; LGC)
2	E(LGC; CEMG)	G (GCP; STG)	F (ACM; GCP)	D (3,2,1)

3	D(2,1,3)	E(CEMG; LGC)	G (STG; GCP)	F (GCP; ACM)
4	F (ACM; GCP)	D(1,3,2)	E(LGC; CEMG)	G (GCP; STG;)

MAG – March 2nd

- Competition MAG (All Around, Apparatus and Team)

15h00 (General Warm-Up)

Apparatus Warm-Up: 15h25

Initial Ceremony: 16h25

Competition Start: 16h30

Award Ceremony: 19h45

Cat. I	Cat. II	Cat. III
Born 2004-2005-2006 (under 15)	Born 2002-2003 (under 17)	Born 2001, ... Seniors FIG
Youth	Juniors	Seniors
Program FIG Juniors	Program FIG Juniors	Program FIG

GROUP	CLUB	Nº	NAME	CATEGORY	TEAM	S	CA	A	ST	P	BF
A	GCP	1	Marcelo Marques (2001)	Cat. III - Senior	GCP	X	X	X	X	X	X
A		2	Filipe Almeida (2002)	Cat. II - Junior		X	X	X	X		X
A		3	Eduardo Dray (2002)	Cat. II - Junior	GCP	X	X	X	X	X	X
A		4	Diogo Ribeiro (2004)	Cat. I - Youth	GCP	X	X	X	X	X	X
A		5	Manuel Duarte (2001)	Cat. III - Senior	GCP	X	X	X	X	X	X
A		6	Diogo Ramos (2003)	Cat. II - Junior		X	X	X	X	X	X
C		7	António Dray (2000)	Cat. III - Senior		X	X	X	X		X
C		8	Sérgio Gomes (2001)	Cat. III - Senior		X	X	X	X	X	
B		9	Guilherme Campos (2000)	Cat. III - Senior	SpCP	X	X	X	X	X	X
B	SpCP	10	João Rios (2002)	Cat. II - Junior	SpCP	X	X	X	X	X	X
B		11	José Nogueira (2002)	Cat. II - Junior	SpCP	X	X	X	X	X	X
B		12	Miguel Freitas (2004)	Cat. I - Youth	SpCP	X	X	X	X	X	X
C		13	Jacob Faulkner (2003)	Cat. II - Junior		X		X	X	X	
B		14	Miguel Lima (2005)	Cat. I - Youth		X	X	X	X	X	X
B		15	Vasco Pereira (2006)	Cat. I - Youth		X	X	X	X	X	X
C		16	Bernardo Almeida (1996)	Cat. III - Senior		X	X	X	X	X	X
C	LGC	17	Tiago Bessa (1989)	Cat. III - Senior			X				
C	CDN	19	Rafael Sá (1998)	Cat. III - Senior			X	X			X
C		20	Joel Catarino (2001)	Cat. III - Senior		X	X				X
C	CGTN	21	João Maia (2000)	Cat. III - Senior			X				

Competition order:

Rotation/Apparatus	Solo	CA	Argolas	Saltos	Paralelas	Barra
1		A: GCP, 2, 6	B: SpCP, 14, 15	C: 7, 8, 13, 16,		
2			GCP, 6, 2	B: SpCP, 14, 15,	C: 8, 13, 16,	
3				GCP, 2, 6	B: SpCP, 15, 14	C: 16, 19, 20, 7
4	C: 20, 7, 8, 13, 16,	7, 8, 16,			GCP, 6, 2	B: SpCP, 14, 15
5	B: SpCP, 15, 14	C: 7, 8, 16, 13, 17, 19, 20, 21				GCP, 2, 6
6	GCP, 6, 2	B: SpCP, 14, 15	C: 8, 16, 17, 19, 20, 21			