













CAMPEONATO PANAMERICANO JUVENIL
GAM Horario de Entrenamientos - Sábado 13 de junio

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 2h30m | | | | SUB 1 - Sala de Entreno | | | | | |
| 00:30 | | 10:30 | 11:00 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 11:00 | 11:20 | ARG | COL | CAN | USA | MIX1 | MIX2 |
| 00:20 | Rot 2 | 11:20 | 11:40 | MIX2 | ARG | COL | CAN | USA | MIX1 |
| 00:20 | Rot 3 | 11:40 | 12:00 | MIX1 | MIX2 | ARG | COL | CAN | USA |
| 00:20 | Rot 4 | 12:00 | 12:20 | USA | MIX1 | MIX2 | ARG | COL | CAN |
| 00:20 | Rot 5 | 12:20 | 12:40 | CAN | USA | MIX1 | MIX2 | ARG | COL |
| 00:20 | Rot 6 | 12:40 | 13:00 | COL | CAN | USA | MIX1 | MIX2 | ARG |

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|---------------------|-------|-------|-------|-------------------------|-----|-----|-----|-----|-----|
| Tiempo Total: 2h30m | | | | SUB 2 - Sala de Entreno | | | | | |
| 00:30 | | 16:30 | 17:00 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 17:00 | 17:20 | | BRA | PER | CHI | CRC | MEX |
| 00:20 | Rot 2 | 17:20 | 17:40 | MEX | | BRA | PER | CHI | CRC |
| 00:20 | Rot 3 | 17:40 | 18:00 | CRC | MEX | | BRA | PER | CHI |
| 00:20 | Rot 4 | 18:00 | 18:20 | CHI | CRC | MEX | | BRA | PER |
| 00:20 | Rot 5 | 18:20 | 18:40 | PER | CHI | CRC | MEX | | BRA |
| 00:20 | Rot 6 | 18:40 | 19:00 | BRA | PER | CHI | CRC | MEX | |

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| MIX1 | MIX2 |
| ESA | ECU |
| HAI | TTO |
| BOL | VEN |

CAMPEONATO PANAMERICANO JUVENIL
GAM Horario de Entrenamientos - Domingo 14 de junio







| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 2h30m | | | | SUB 1 - Sala de Entreno | | | | | |
| 00:30 | | 10:30 | 11:00 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 11:00 | 11:20 | USA | MIX1 | MIX2 | ARG | COL | CAN |
| 00:20 | Rot 2 | 11:20 | 11:40 | CAN | USA | MIX1 | MIX2 | ARG | COL |
| 00:20 | Rot 3 | 11:40 | 12:00 | COL | CAN | USA | MIX1 | MIX2 | ARG |
| 00:20 | Rot 4 | 12:00 | 12:20 | ARG | COL | CAN | USA | MIX1 | MIX2 |
| 00:20 | Rot 5 | 12:20 | 12:40 | MIX2 | ARG | COL | CAN | USA | MIX1 |
| 00:20 | Rot 6 | 12:40 | 13:00 | MIX1 | MIX2 | ARG | COL | CAN | USA |

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|---------------------|-------|-------|-------|-------------------------|-----|-----|-----|-----|-----|
| Tiempo Total: 2h30m | | | | SUB 2 - Sala de Entreno | | | | | |
| 00:30 | | 16:30 | 17:00 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 17:00 | 17:20 | CHI | CRC | MEX | | BRA | PER |
| 00:20 | Rot 2 | 17:20 | 17:40 | PER | CHI | CRC | MEX | | BRA |
| 00:20 | Rot 3 | 17:40 | 18:00 | BRA | PER | CHI | CRC | MEX | |
| 00:20 | Rot 4 | 18:00 | 18:20 | | BRA | PER | CHI | CRC | MEX |

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|-------|--------------|-------|-------|-----|-----|-----|-----|-----|-----|
| 00:20 | Rot 5 | 18:20 | 18:40 | MEX | | BRA | PER | CHI | CRC |
| 00:20 | Rot 6 | 18:40 | 19:00 | CRC | MEX | | BRA | PER | CHI |

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| MIX1 | MIX2 |
| ESA | ECU |
| HAI | TTO |
| BOL | VEN |







CAMPEONATO PANAMERICANO JUVENIL
 GAM Horario de Entrenamientos - Lunes 15 de junio

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 2h30m | | | | SUB 1 - Sala de Entreno | | | | | |
| 00:30 | | 09:00 | 09:30 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 09:30 | 09:50 | ARG | COL | CAN | USA | MIX1 | MIX2 |
| 00:20 | Rot 2 | 09:50 | 10:10 | MIX2 | ARG | COL | CAN | USA | MIX1 |
| 00:20 | Rot 3 | 10:10 | 10:30 | MIX1 | MIX2 | ARG | COL | CAN | USA |
| 00:20 | Rot 4 | 10:30 | 10:50 | USA | MIX1 | MIX2 | ARG | COL | CAN |
| 00:20 | Rot 5 | 10:50 | 11:10 | CAN | USA | MIX1 | MIX2 | ARG | COL |
| 00:20 | Rot 6 | 11:10 | 11:30 | COL | CAN | USA | MIX1 | MIX2 | ARG |

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|----------------------------|--------------|-------|-------|-------------------------|-----|-----|-----|-----|-----|
| Tiempo Total: 2h30m | | | | SUB 2 - Sala de Entreno | | | | | |
| 00:30 | | 14:00 | 14:30 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 14:30 | 14:50 | | BRA | PER | CHI | CRC | MEX |
| 00:20 | Rot 2 | 14:50 | 15:10 | MEX | | BRA | PER | CHI | CRC |
| 00:20 | Rot 3 | 15:10 | 15:30 | CRC | MEX | | BRA | PER | CHI |
| 00:20 | Rot 4 | 15:30 | 15:50 | CHI | CRC | MEX | | BRA | PER |
| 00:20 | Rot 5 | 15:50 | 16:10 | PER | CHI | CRC | MEX | | BRA |
| 00:20 | Rot 6 | 16:10 | 16:30 | BRA | PER | CHI | CRC | MEX | |

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| MIX1 | MIX2 |
| ESA | ECU |
| HAI | TTO |
| BOL | VEN |

CAMPEONATO PANAMERICANO JUVENIL
 GAM Horario de Entrenamientos - Martes 16 de junio

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 1h20m | | | | SUB 1 - Sala de Entreno | | | | | |
| 00:20 | | 08:00 | 08:20 | Calentamiento General - Sala de Entreno | | | | | |
| 00:10 | Rot 1 | 08:20 | 08:30 | | | COL - MIX1 | CAN - MIX2 | USA - ARG | |
| 00:10 | Rot 2 | 08:30 | 08:40 | | | | COL - MIX1 | CAN - MIX2 | USA - ARG |
| 00:10 | Rot 3 | 08:40 | 08:50 | USA - ARG | | | | COL - MIX1 | CAN - MIX2 |
| 00:10 | Rot 4 | 08:50 | 09:00 | CAN - MIX2 | USA - ARG | | | | COL - MIX1 |
| 00:10 | Rot 5 | 09:00 | 09:10 | COL - MIX1 | CAN - MIX2 | USA - ARG | | | |
| 00:10 | Rot 6 | 09:10 | 09:20 | | COL - MIX1 | CAN - MIX2 | USA - ARG | | |







| Duración | Rotación | Hora | | | | | | | |
|---------------------|----------|--------|-------|------------------------------|------------|------------|------------|------------|------------|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 3h40m | | | | Entreno de Podio SUB 1 - FOP | | | | | |
| 00:10 | | 09:20 | 09:30 | Entrada a FOP | | | | | |
| 00:35 | Rot 1 | 09:30 | 10:05 | | COL - MIX1 | CAN - MIX2 | USA - ARG | | |
| 00:35 | Rot 2 | 10:05 | 10:40 | | | COL - MIX1 | CAN - MIX2 | USA - ARG | |
| 00:35 | Rot 3 | 10:40 | 11:15 | | | | COL - MIX1 | CAN - MIX2 | USA - ARG |
| 00:35 | Rot 4 | 11:15 | 11:50 | USA - ARG | | | | COL - MIX1 | CAN - MIX2 |
| 00:35 | Rot 5 | 11:50 | 12:25 | CAN - MIX2 | USA - ARG | | | | COL - MIX1 |
| 00:35 | Rot 6 | 12:25 | 13:00 | COL - MIX1 | CAN - MIX2 | USA - ARG | | | |

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 1h20m | | | | SUB 2 - Sala de Entreno | | | | | |
| 00:20 | | 14:00 | 14:20 | Calentamiento General - Sala de Entreno | | | | | |
| 00:10 | Rot 1 | 14:20 | 14:30 | | | BRA - CRC | PER - MEX | CHI | |
| 00:10 | Rot 2 | 14:30 | 14:40 | | | | BRA - CRC | PER - MEX | CHI |
| 00:10 | Rot 3 | 14:40 | 14:50 | CHI | | | | BRA - CRC | PER - MEX |
| 00:10 | Rot 4 | 14:50 | 15:00 | PER - MEX | CHI | | | | BRA - CRC |
| 00:10 | Rot 5 | 15:00 | 15:10 | BRA - CRC | PER - MEX | CHI | | | |
| 00:10 | Rot 6 | 15:10 | 15:20 | | BRA - CRC | PER - MEX | CHI | | |

| Duración | Rotación | Hora | | | | | | | |
|---------------------|----------|--------|-------|------------------------------|-----------|-----------|-----------|-----------|-----------|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 3h40m | | | | Entreno de Podio SUB 2 - FOP | | | | | |
| 00:10 | | 15:20 | 15:30 | Entrada a FOP | | | | | |
| 00:35 | Rot 1 | 15:30 | 16:05 | | BRA - CRC | PER - MEX | CHI | | |
| 00:35 | Rot 2 | 16:05 | 16:40 | | | BRA - CRC | PER - MEX | CHI | |
| 00:35 | Rot 3 | 16:40 | 17:15 | | | | BRA - CRC | PER - MEX | CHI |
| 00:35 | Rot 4 | 17:15 | 17:50 | CHI | | | | BRA - CRC | PER - MEX |
| 00:35 | Rot 5 | 17:50 | 18:25 | PER - MEX | CHI | | | | BRA - CRC |
| 00:35 | Rot 6 | 18:25 | 19:00 | BRA - CRC | PER - MEX | CHI | | | |

| MIX1 | MIX2 |
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| ESA | ECU |
| HAI | TTO |
| BOL | VEN |

CAMPEONATO PANAMERICANO JUVENIL
GAM Horario de Entrenamientos - Miercoles 17 de junio







| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 2h30m | | | | SUB 1 - Sala de Entreno | | | | | |
| 00:30 | | 09:00 | 09:30 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 09:30 | 09:50 | USA | MIX1 | MIX2 | ARG | COL | CAN |
| 00:20 | Rot 2 | 09:50 | 10:10 | CAN | USA | MIX1 | MIX2 | ARG | COL |
| 00:20 | Rot 3 | 10:10 | 10:30 | COL | CAN | USA | MIX1 | MIX2 | ARG |
| 00:20 | Rot 4 | 10:30 | 10:50 | ARG | COL | CAN | USA | MIX1 | MIX2 |






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|-------|--------------|-------|-------|------|------|-----|-----|-----|------|
| 00:20 | Rot 5 | 10:50 | 11:10 | MIX2 | ARG | COL | CAN | USA | MIX1 |
| 00:20 | Rot 6 | 11:10 | 11:30 | MIX1 | MIX2 | ARG | COL | CAN | USA |







| Tiempo Total: 2h30m | | | | SUB 2 - Sala de Entreno | | | | | |
|---------------------|--------------|-------|-------|-------------------------|-----|-----|-----|-----|-----|
| 00:30 | | 14:00 | 14:30 | Calentamiento General | | | | | |
| 00:20 | Rot 1 | 14:30 | 14:50 | CHI | CRC | MEX | | BRA | PER |
| 00:20 | Rot 2 | 14:50 | 15:10 | PER | CHI | CRC | MEX | | BRA |
| 00:20 | Rot 3 | 15:10 | 15:30 | BRA | PER | CHI | CRC | MEX | |
| 00:20 | Rot 4 | 15:30 | 15:50 | | BRA | PER | CHI | CRC | MEX |
| 00:20 | Rot 5 | 15:50 | 16:10 | MEX | | BRA | PER | CHI | CRC |
| 00:20 | Rot 6 | 16:10 | 16:30 | CRC | MEX | | BRA | PER | CHI |

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| MIX1 | MIX2 |
| ESA | ECU |
| HAI | TTO |
| BOL | VEN |






CAMPEONATO PANAMERICANO ADULTOS
 GAM Horario de Entrenamientos - Jueves 18 de junio
GAM Horario de Competencia Clasificatoria

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|--|--|--|--|--|--|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 1h20m | | | | SUB 1 - Sala de Entreno | | | | | |
| 00:20 | | 08:00 | 08:20 | Calentamiento General - Sala de Entreno | | | | | |
| 00:10 | Rot 1 | 08:20 | 08:30 | | | COL - MIX1 | CAN - MIX2 | USA - ARG | |
| 00:10 | Rot 2 | 08:30 | 08:40 | | | | COL - MIX1 | CAN - MIX2 | USA - ARG |
| 00:10 | Rot 3 | 08:40 | 08:50 | USA - ARG | | | | COL - MIX1 | CAN - MIX2 |
| 00:10 | Rot 4 | 08:50 | 09:00 | CAN - MIX2 | USA - ARG | | | | COL - MIX1 |
| 00:10 | Rot 5 | 09:00 | 09:10 | COL - MIX1 | CAN - MIX2 | USA - ARG | | | |
| 00:10 | Rot 6 | 09:10 | 09:20 | | COL - MIX1 | CAN - MIX2 | USA - ARG | | |

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 3h40m | | | | COMPETENCIA SUB 1 - FOP | | | | | |
| 00:10 | | 09:20 | 09:30 | Entrada a FOP | | | | | |
| 00:35 | Rot 1 | 09:30 | 10:05 | | COL - MIX1 | CAN - MIX2 | USA - ARG | | |
| 00:35 | Rot 2 | 10:05 | 10:40 | | | COL - MIX1 | CAN - MIX2 | USA - ARG | |
| 00:35 | Rot 3 | 10:40 | 11:15 | | | | COL - MIX1 | CAN - MIX2 | USA - ARG |
| 00:35 | Rot 4 | 11:15 | 11:50 | USA - ARG | | | | COL - MIX1 | CAN - MIX2 |
| 00:35 | Rot 5 | 11:50 | 12:25 | CAN - MIX2 | USA - ARG | | | | COL - MIX1 |
| 00:35 | Rot 6 | 12:25 | 13:00 | COL - MIX1 | CAN - MIX2 | USA - ARG | | | |

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 1h20m | | | | SUB 2 - Sala de Entreno | | | | | |
| 00:20 | | 14:00 | 14:20 | Calentamiento General - Sala de Entreno | | | | | |
| 00:10 | Rot 1 | 14:20 | 14:30 | | | BRA - CRC | PER - MEX | CHI | |
| 00:10 | Rot 2 | 14:30 | 14:40 | | | | BRA - CRC | PER - MEX | CHI |




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|-------|--------------|-------|-------|-----------|-----------|-----------|-----|-----------|-----------|
| 00:10 | Rot 3 | 14:40 | 14:50 | CHI | | | | BRA - CRC | PER - MEX |
| 00:10 | Rot 4 | 14:50 | 15:00 | PER - MEX | CHI | | | | BRA - CRC |
| 00:10 | Rot 5 | 15:00 | 15:10 | BRA - CRC | PER - MEX | CHI | | | |
| 00:10 | Rot 6 | 15:10 | 15:20 | | BRA - CRC | PER - MEX | CHI | | |

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 3h40m | | | | COMPETENCIA SUB 2 - FOP | | | | | |
| 00:10 | | 15:20 | 15:30 | Entrada a FOP | | | | | |
| 00:35 | Rot 1 | 15:30 | 16:05 | | BRA - CRC | PER - MEX | CHI | | |
| 00:35 | Rot 2 | 16:05 | 16:40 | | | BRA - CRC | PER - MEX | CHI | |
| 00:35 | Rot 3 | 16:40 | 17:15 | | | | BRA - CRC | PER - MEX | CHI |
| 00:35 | Rot 4 | 17:15 | 17:50 | CHI | | | | BRA - CRC | PER - MEX |
| 00:35 | Rot 5 | 17:50 | 18:25 | PER - MEX | CHI | | | | BRA - CRC |
| 00:35 | Rot 6 | 18:25 | 19:00 | BRA - CRC | PER - MEX | CHI | | | |

| MIX1 | MIX2 |
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| ESA | ECU |
| HAI | TTO |
| BOL | VEN |

CAMPEONATO PANAMERICANO JUVENIL

GAM Horario de **Entreno Finalistas Aparatos** - Viernes 19 de junio

| Duración | Rotación | Hora | |  |  |  |  |  |  |
|---------------------|----------|--------|-------|---|---|---|---|---|---|
| | | Inicio | Final | | | | | | |
| Tiempo Total: 2h30m | | | | SUB 1 - Sala de Entreno | | | | | |
| 00:30 | | 10:30 | 11:00 | Calentamiento General - Sala de Entreno | | | | | |
| 00:20 | Rot 1 | 11:00 | 11:20 | | | | | | |
| 00:20 | Rot 2 | 11:20 | 11:40 | | | | | | |
| 00:20 | Rot 3 | 11:40 | 12:00 | | | | | | |
| 00:20 | Rot 4 | 12:00 | 12:20 | | | | | | |
| 00:20 | Rot 5 | 12:20 | 12:40 | | | | | | |
| 00:20 | Rot 6 | 12:40 | 13:00 | | | | | | |