

BALANCE or DYNAMIC

| Age Group | | | | |
|-----------|--|---------|-------|-------|
| W3 | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 12 | | 11:04 |
| | | Rank 11 | | 11:12 |
| | | Rank 8 | | 11:20 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 9 | | 11:32 |
| | | Rank 10 | | 11:40 |
| | | Rank 7 | | 11:48 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 6 | | 12:00 |
| | | Rank 4 | | 12:08 |
| | | Rank 3 | | 12:16 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 2 | | 12:28 |
| | | Rank 1 | | 12:36 |
| | Rank 5 | | 12:44 | |

BALANCE or DYNAMIC

| | | | | Start here |
|-----|--|--------|-------|------------|
| W2 | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 7 | | 11:00 |
| | | Rank 8 | | 11:08 |
| | | Rank 6 | | 11:16 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 5 | | 11:28 |
| | | Rank 2 | | 11:36 |
| | | Rank 3 | | 11:44 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 4 | | 11:56 |
| | Rank 1 | | 12:04 | |
| Mx2 | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 2 | | 12:24 |
| | | Rank 1 | | 12:32 |
| M2 | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 2 | | 12:40 |
| | | Rank 1 | | 12:48 |
| | | Rank 3 | | 12:52 |

COMBINED

| Junior | | | | Start here |
|--------|--|--------|-------|------------|
| W3 | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 6 | | 15:00 |
| | | Rank 7 | | 15:08 |
| | | Rank 8 | | 15:16 |
| | | Rank 5 | | 15:20 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 2 | | 15:28 |
| | | Rank 4 | | 15:36 |
| | | Rank 3 | | 15:44 |
| | | Rank 1 | | 15:48 |
| W2 | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 6 | | 15:56 |
| | | Rank 5 | | 16:04 |
| | | Rank 4 | | 16:12 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 3 | | 16:20 |
| | Rank 1 | | 16:28 | |
| | Rank 2 | | 16:36 | |

COMBINED

| | | | | |
|-----|--|--------|-------|-------|
| Mx2 | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 8 | | 15:04 |
| | | Rank 6 | | 15:08 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 7 | | 15:32 |
| | | Rank 5 | | 15:40 |
| | 5 minutes warm-up on Competition Floor | | | |
| | | Rank 4 | | 16:00 |
| | | Rank 3 | | 16:08 |
| | 5 minutes warm-up on Competition Floor | | | |
| | Rank 2 | | 16:24 | |
| | Rank 1 | | 16:32 | |

Senior

| | | | | |
|----|--|--------|--|-------|
| M2 | 8 minutes warm-up on Competition Floor | | | |
| | | Rank 1 | | 16:51 |
| | | Rank 6 | | 16:59 |
| W3 | 8 minutes warm-up on Competition Floor | | | |
| | | Rank 4 | | 17:22 |
| | | Rank 5 | | 17:30 |
| | 8 minutes warm-up on Competition Floor | | | |
| | | Rank 3 | | 17:45 |
| | | Rank 1 | | 17:53 |
| | | Rank 2 | | 18:01 |

Start here

| | | | | |
|-----|--|--------|--|-------|
| W2 | 8 minutes warm-up on Competition Floor | | | |
| | | Rank 3 | | 16:47 |
| | | Rank 4 | | 16:55 |
| | | Rank 2 | | 17:03 |
| | | Rank 1 | | 17:07 |
| Mx2 | 8 minutes warm-up on Competition Floor | | | |
| | | Rank 5 | | 17:18 |
| | | Rank 4 | | 17:26 |
| | 8 minutes warm-up on Competition Floor | | | |
| | | Rank 2 | | 17:41 |
| | | Rank 3 | | 17:49 |
| | | Rank 1 | | 17:57 |