

ELITE CANADA FINAL SCHEDULE

Version: January 27 2020



Wednesday, February 12th

All Day Delegation Arrivals

Thursday, February 13th

07:30 Warm-up
09:00 – 16:00 Podium training for athletes & coaches
17:00 – 18:00 Orientation meeting at venue – accredited coaches & managers (Calgary Meeting Room, 4th floor at Fortius)
17:00 – 18:00 Mandatory High-Performance athlete meeting at venue (Vancouver Meeting Room, 5th floor at Fortius)
18:00 – 20:00 NTCC/Program Committee meeting at venue (Calgary Meeting Room, 4th floor at Fortius)

Friday, February 14th

Competition A (Qualification to Competition B)

08:15 – 10:00 Judges' meeting/Draw /09:40 Preparation at table
08:00 – 10:00 General warm-up/Group timed warm-up/Official welcome
10:00 – 10:30 **Junior & Senior Groups**
10:30 – 10:40 Junior Flight B timed warm-up
10:40 – 12:16 **Junior (Flight B) Rope & Ball**
12:20 – 13:00 Lunch break – Junior Flight A timed warm-up
13:00 – 14:32 **Junior (Flight A) Rope & Ball**
14:35 – 14:45 Senior Flight A timed warm-up
14:45 – 16:05 **Senior (Flight A) Hoop & Ball**
16:10 – 16:20 Senior Flight B timed warm-up
16:20 – 18:00 **Senior (Flight B) Hoop & Ball**
18:00 – 18:45 Dinner break - Novice timed warm-up
18:45 – 20:15 **Novice – Free & Rope**

Saturday, February 15th

Competition A (Qualification to Competition B)

08:00 – 08:40 Judges' meeting
08:40 – 09:00 Preparation at judges' table
07:30 – 09:00 General warm-up/Group timed warm-up
09:00 – 09:30 **Junior & Senior Groups**
09:30 – 09:40 Junior Flight B timed warm-up
09:40 – 11:16 **Junior (Flight B) Clubs & Ribbon**
11:20 – 11:30 Junior Flight A timed warm-up
11:30 – 13:02 **Junior (Flight A) Clubs & Ribbon**
13:05 – 13:45 Lunch Break – Senior Flight A timed warm-up
13:45 – 15:05 **Senior (Flight A) Clubs & Ribbon**
15:10 – 15:20 Senior Flight B timed warm-up
15:20 – 17:00 **Senior (Flight B) Clubs & Ribbon**
17:05 – 17:45 Dinner Break – Novice timed warm-up
17:45 – 19:13 **Novice Hoop & Clubs**
19:30 *Awards: AA Novice Individual*



P: 613.748.5637 | F: 613.748.5691 | E: info@gymcan.org

120-1900 promenade City Park Drive, Ottawa, ON K1J 1A3

WWW.GYMCAN.ORG

Sunday, February 16th

Competition B (All Around & Apparatus Finals)

07:45 – 08:45	Judges' meeting
07:30 – 09:00	Junior warm-up/Group timed warm-up
09:00 – 09:30	Junior & Senior Group AA & Apparatus Final #1
09:30 – 09:40	Junior timed warm-up – Presentation of HP Certificates
09:40 – 12:15	Junior AA & Apparatus Finals
12:15 – 13:00	Lunch – Group timed warm up
13:00 – 13:30	Junior & Senior Group AA & Apparatus Final #2
13:30 – 13:40	Senior timed warm-up – Presentation of HP Certificates
13:40 – 16:10	Senior AA & Finals
16:10 – 16:30	Gala – Final scoring/Competition close
16:30 – 17:00	<i>Awards: Junior & Senior Individual & Group All-Around & Finals</i>
17:00 – 17:30	<i>High performance athletes review session with JR & Brevet Judges</i>

- **HP: Top 15 Junior & Senior gymnasts advance directly to Canadian Championships.**
- **All other gymnasts qualify to Canadian Championships through their Regional Championships.**

