

Competition Schedule



April 22nd 2015

8:30AM	6:20PM	PODIUM TRAINING
6:30PM	7:00AM	COACHES TECHNICAL MEETING
7:00AM	9:30PM	JUDGES MEETING FOLLOWED BY RECEPTION FOR JUDGES AND COACHES

ALL MEETINGS WILL BE ON THE THIRD FLOOR AT THE LODGE

April 23th 2015

7:00AM		GYM OPEN
8:00AM	8:50AM	JUDGES MEETING
8:30AM	9:00AM	TIMED WARM- UP GROUPS – 4 MINUTES EACH GROUPS
9:00AM	9:45AM	ROTATION 1: GROUPS
9:45AM	10:15AM	BREAK GROUPS AWARDS
10:00AM	10:15AM	TIMED WARM- UP LEVEL 3C FREE AND ROPE 7ATHLETES -3 MINUTES
10:15AM	11:10AM	ROTATION 2 : LEVEL 3C FREE AND ROPE
11:10AM	11:25AM	BREAK
11:10AM	11:25AM	TIMED WARM- UP NOVICE FREE AND ROPE 7ATHELTES 3 MINUTES
11:25AM	1:25PM	ROTATION 3 : NOVICE FREE AND ROPE
1:25PM	2:25PM	LUNCH BREAK - OPENING CEREMONY
2:05PM	2:25PM	TIMED WARM- UP JUNIORN AND JUNIORH ROPE AND HOOP 7 ATHLETES 3MINUTES
2:25PM	4:30PM	ROTATION 4: JUNIORN AND JUNIORH ROPE AND HOOP
4:30PM	4:45PM	BREAK
4:30PM	4:45PM	TIMED WARM- UP SENIORN AND SENIORH HOOP AND BALL 5ATHELETS 4 MINUTES
4:45PM	6:00PM	ROTATION 5: SENIORN AND SENIORH HOOP AND BALL

April 24th 2015

6:30AM		GYM OPEN
7:30AM	8:20AM	JUDGES MEETING
8:20AM	8:30AM	TIMED WARM- UP LEVEL 3C BALL 7 ATHLETES 5 MINUTES
8:30AM	9:00AM	ROTATION 1: LEVEL 3C BALL
9:00AM	9:10AM	BREAK
9:00AM	9:15AM	TIMED WARM- UP NOVICE, HOOP AND BALL 7ATHELTES 3 MINUTES
9:15AM	11:10AM	ROTATION 2: NOVICE, HOOP AND BALL
11:10AM	11:25AM	BREAK
11:10AM	11:25AM	TIMED WARM- UP JUNIORN AND JUNIORH BALL AND CLUBS - 7 ATHLETES 3MINUTES
11:25AM	1:25PM	ROTATION 2: JUNIORN AND JUNIORH BALL AND CLUBS
1:25PM	2:05PM	LUNCH BREAK
1:50PM	2:05PM	TIMED WARM- UP SENIORN AND SENIORH CLUBS AND RIBBON 5ATHELETS 4 MINUTES
2:05PM	3:20PM	ROTATION 3: SENIORN AND SENIORH CLUBS AND RIBBON
3:20PM	3:35PM	BREAK
3:20PM	3:35PM	TIMED WARM- LEVEL 3B 7ATHELTES 3 MINUTES
3:35PM	6:00PM	ROTATION 4: LEVEL 3B FREE AND HOOP
6:00PM	6:15PM	AWARDS CEREMONY LEVEL 3C, NOVICE, JUNIOR AND SENIORS
6:10PM	7:00PM	PROVINCIAL LEVELS PODIUM TRAINING ON THE COMPETITIVE CARPET
6:30PM	10:00PM	BANQUET

April 25th 2015

7:00AM		GYM OPEN
8:00AM	8:50AM	JUDGES MEETING
8:45AM	9:00AM	TIMED WARM- UP LEVEL 3B BALL AND 4B FREE -
9:00AM	11:30AM	ROTATION 1: LEVEL 3B BALL AND LEVEL 4B FREE
11:30AM	11:40AM	BREAK
11:30AM	11:40AM	TIMED WARM- LEVEL 4C ROPE AND RIBBON 7 ATHLETES 4 MIN.
11:40AM	12:15PM	ROTATION 2: LEVEL 4C ROPE AND RIBBON
12:15PM	1:00PM	LUNCH BREAK AWARDS LEVEL 3B
12:45PM	1:00PM	TIMED WARM- LEVEL 5B BALL AND RIBBON
1:00PM	2:40PM	ROTATION 3: LEVEL 5B BALL AND RIBBON
2:40PM	2:55PM	BREAK
2:40PM	2:55PM	TIMED WARM- LEVELS 5C ROPE AND CLUBS;6C RIBBON AND CLUBS 7 ATHLETES 4 MINUTES
2:55PM	3:50PM	ROTATION 5: LEVELS 5C ROPE AND CLUBS;6C RIBBON AND CLUBS
3:50PM	4:00PM	BREAK
3:50PM	4:00PM	TIMED WARM- LEVELS 6B BALL AND CLUBS 7ATHLETES 4 MINUTES
4:00PM	5:15PM	ROTATION 6: LEVELS 6B BALL AND CLUBS

April 26th 2015

7:00AM		GYM OPEN
8:00AM	8:50AM	JUDGES MEETING
8:40AM	9:00AM	TIMED WARM- UP LEVEL 4B HOOP AND 4B CHOICE 7 ATHLETES 4 MINUTES
9:00AM	11:35AM	ROTATION 1: LEVEL 4B HOOP AND 4B CHOICE
11:35AM	11:45AM	BREAK
11:35AM	11:45AM	TIMED WARM- LEVELS 4C CHOICE, 5C CHOICE 6 ATHLETES 4 MINUTES
11:45AM	12:20PM	ROTATION 2 LEVELS 4C CHOICE, 5C CHOICE
12:20AM	1:00PM	LUNCH BREAK
12:45PM	1:00PM	TIMED WARM- LEVELS 5B CHOICE, 6C CHOICE AND 6B CHOICE
1:00PM	2:40PM	ROTATION 3: LEVELS 5B CHOICE, 6C CHOICE AND 6B CHOICE
2:40PM	3:00PM	GALA
3:00PM	3:30PM	AWARDS LEVELS 4B, 4C, 5B, 5C, 6B AND 6C