

2017 WESTERN REGIONAL RHYTHMIC GYMNASTICS CHAMPIONSHIPS DETAILED SCHEDULE

FINAL - APRIL 18, 2017

Wednesday, April 26 Set-Up & Podium Training	
8:30 AM - 6:40 PM	Podium Training (3 carpets)
7:00 PM	Coaches'/Managers' Technical Meeting
6:30 PM	Judges' Technical Meeting
8:00 PM - 9:00 PM	Coaches'/Judges' Reception



** NOTE - Grouping for Flights A & B done by draw

Thursday, April 27 Day 1 Group, 3C, 3D, 4D, Novice, Junior, Senior								
Rotation	Athletes	Routines	Warm-up and Competition Duration (Minutes)	Start Time	Finish Time	Competition	Apparatus	Awards/Other
				7:00 AM		Gym Opens		
			45	7:30 AM	8:15 AM	Judges' Meeting		
1	18	36	35	8:00 AM	8:35 AM	Timed Warm-up: Group		
			145	8:35 AM	11:00 AM	Group	1st and 2nd Routines	
2			15	11:00 AM	11:15 AM	Timed Warm-up: 3C, 3D, 4D		
	23	46	115	11:15 AM	1:10 PM	3C, 3D, 4D	Free & Hoop (3C), Free & Ball (3D), Free & Rope (4D)	
			30	1:15 PM	1:45 PM	Opening Ceremonies		Awards Group - 1:30 PM
3			15	1:45 PM	2:00 PM	Timed Warm-up: Novice		Judges Lunch
	13	26	65	2:00 PM	3:05 PM	Novice	Free & Hoop	
4			20	3:05 PM	3:25 PM	Timed Warm-up: Junior (A)		
	20	40	100	3:25 PM	5:05 PM	Junior HP & Flight A	Hoop & Ball	
5			20	5:05 PM	5:25 PM	Timed Warm-up: Junior (B)		Judges Supper
	19	38	95	5:25 PM	7:00 PM	Junior HP & Flight B	Hoop & Ball	
6			15	7:00 PM	7:15 PM	Timed Warm-up: Senior		
	13	26	65	7:15 PM	8:20 PM	Senior HP & Open	Hoop & Ball	

Friday, April 28 Day 2 3C, 3D, 4D, Novice, Junior, Senior								
Rotation	Athletes	Routines	Warm-up and Competition Duration (Minutes)	Start Time	Finish Time	Competition	Apparatus	Awards/Other
				7:00 AM		Gym Opens		
			45	7:30 AM	8:15 AM	Judges' Meeting		
7			15	8:00 AM	8:15 AM	Timed Warm-up: 3C, 3D, 4D		
	23	32	80	8:15 AM	9:35 AM	3C, 3D, 4D	Ball (3C), Ribbon & Choice (3D), Ball & Clubs (4D)	Awards 3C, 3D, 4D - 9:35 AM
8			15	9:35 AM	9:50 AM	Timed Warm-up: Novice		
	13	26	65	9:50 AM	10:55 AM	Novice	Ball & Clubs	Awards Novice - 10:55 AM
9			20	10:55 AM	11:15 AM	Timed Warm-Up: Junior (A)		Judges Lunch
	20	40	100	11:15 AM	12:55 PM	Junior HP & Open (Flight A)	Clubs & Ribbon	
10			20	12:55 PM	1:15 PM	Timed Warm-Up: Junior (B)		
	19	38	95	1:15 PM	2:50 PM	Junior HP & Open (Flight B)	Clubs & Ribbon	Awards Junior - 2:50 PM
11			15	2:50 PM	3:05 PM	Timed Warm-Up: Senior		
	13	26	65	3:05 PM	4:10 PM	Senior HP & Open	Clubs & Ribbon	Awards Senior - 4:10 PM
				6:30 PM		Banquet - DoubleTree Hotel		

Saturday, April 29		Day 3		3B, 4B, 4C, 5B, 5C, 6B, 6C				
Rotation	Athletes	Routines	Warm-up and Competition Duration (Minutes)	Start Time	Finish Time	Competition	Apparatus	Awards/Other
				7:00 AM		Gym Opens		
			45	7:15 AM	8:00 AM	Judges' Meeting		
12			15	8:00 AM	8:15 AM	Timed Warm-up: 3B		
	17	34	85	8:15 AM	9:40 AM	3B	Free & Rope	
13			15	9:40 AM	9:55 AM	Timed Warm-up: 4B		
	29	58	145	9:55 AM	12:20 PM	4B	Free & Hoop	
				12:15 PM	12:45 PM			Judges Lunch
14			15	12:30 PM	12:45 PM	Timed Warm-Up: 4C, 5C, 6C		
	32	64	160	12:45 PM	3:25 PM	4C, 5C, 6C	Hoop & Ribbon (4C), Rope & Clubs (5C), Ribbon & Hoop (6C)	
15			15	3:25 PM	3:40 PM	Timed Warm-up: 6B		
	22	44	110	3:40 PM	5:30 PM	6B	Ball & Clubs	
				5:30 PM	6:00 PM			Judges Supper
16	27	54	15	6:00 PM	6:15 PM	Timed Warm-up: 5B		
	27	54	135	6:15 PM	8:30 PM	5B	Ball & Ribbon	

Sunday, April 30		Day 4		3B, 4B, 4C, 5B, 5C, 6B, 6C				
Rotation	Athletes	Routines	Warm-up and Competition Duration (Minutes)	Start Time	Finish Time	Competition	Apparatus	Awards/Other
				7:00 AM		Gym Opens		
			45	7:30 AM	8:15 AM	Judges' Meeting		
17			20	8:00 AM	8:20 AM	Timed Warm-up: 3B, 4B, 4C		
	55	55	140	8:20 AM	10:40 AM	3B, 4B, 4C	Ball (3B) & Choice (4B, 4C)	Awards 3B, 4B, 4C - 10:40 AM
18			15	10:40 AM	10:55 AM	Timed Warm-up: 5C, 6C		
	23	23	60	10:55 AM	11:55 AM	5C, 6C	Choice	Awards 5C, 6C - 11:55 AM
				11:55 AM	12:25 PM			Judges Lunch
19			20	12:00 PM	12:20 PM	Timed Warm-up: 5B, 6B		
	49	49	125	12:20 PM	2:25 PM	5B, 6B	Choice	Awards 5B, 6B - 2:25 PM

2.5	Minutes Per Indiv Routine
4.0	Minutes Per Group Routine

TOTAL ATHLETE ENTRIES			
LVL 3B	16	NOVICE	15
LVL 3C	14	JUNIOR	40
LVL 3D	4	SENIOR	12
LVL 4B	29		
LVL 4C	9		
LVL 4D	5		
LVL 5B	27		
LVL 5C	14		
LVL 6B	22		
LVL 6C	9		