



Schedule as at March 31, 2010

April 21 Training time will be given by April 8, 2010. Please email you arrival and departure to victoriarg@shaw.ca asap.

7 :00 pm Technical Meeting at Sandman Inn
8:00 pm Judges Meeting at the Sandman Inn

April 22 Please note that the Facility OPENS everyday at 8 am and not before.

8:00-9:00	Warm up – 3 carpets schedule at site	
9:00-9:10	Timed warm up (3 groups of 6 gym. x 3 mins)	
9:10- 10:45	3B, 4B, 4C Routines 1 and 2	2 routines each 16 gymnasts X 3 min x 2= 96 minutes= 1 hour and 36
10:45 – 10:55	Judges Break and Timed Warm Up (3 groups of 6 gym x 3 mins)	
10:55- 12:35	5 B Routines 1 and 2	1 routine 17 gymnasts X 3 minutes= 51 minutes x 2 =102 minutes = 1hour 42
12: 35 – 13:30	LUNCH – OPENING CEREMONIES	
13:10- 13:30	Timed warm ups for 7- 8 Lv 7 (2 groups, 6gym x 3) Lv 8 (4 groups 6-7 gym x 3)	
13:30 – 15:25	Level 7-8 Routine 1	1 routine each 38 gymnasts(26+12) X 3 minutes = 114 minutes): 1 hour 54 min
15:25-15:35	Judges BREAK – NO floor warm up	
15:35- 17:30	Level 7-8 Routine 2	
17:30-18:15	DINNER	
18:05-18:15	warm up (3 groups, 5 gym x 3 mins each)	
18:15- 20:00	Level 9 senior, HC athletes Routines 1 and 2	2 routine 17 gymnasts X 3= 102 minutes= 1hour 42

The facility closes at 8 pm.

April 23 Please note that the Facility OPENS everyday at 8 am and not before.

8:00-9:00 8:40- 9:00	Warm up Comp Carpet: timed warm up for Junior (6 groups X 6-7 gym x 3 min)	
9:00 – 10:50	Junior 1	37 gymnasts X 3 minutes= 111 minutes=1h 51
10:50-11:00	Judges break no timed warm up	
11:00- 12:50	Junior 2	
12:50-13:30 13:05- 13:30	LUNCH Timed warm up for National groups (7 groups x3 min)	
13:30- 14:05	National groups	5 minutes X 7 groups= 35 minutes
14:05- 14:15-	BREAK Time warm up for 5C, 6B and 6C (3 groups X 8- 9 gym X 3min))	
14:15- 15:30	5C, 6B, 6C Routine 1	25 gymnasts X 3 minutes= 75 minutes: 1:15
15:30- 15:40	Judges BREAK – no floor warm up	10 mins
15:40-16:55	5C, 6B, 6C Routine 2	75 mins
16:55- 17:05	BREAK Time warm up for 3B, 4B, 4C (3 groups of 6 gym. x 3 mins)	
17:05- 17:55	3B, 4B, 4 C Routine 3	48 mins
17:55- 18:40 18:10-18:40	DINNER– Demonstration routines Timed warm up for groups (9 groups X 3 min)	
18:40- 19:25	Provincial group	5 minutes X9 groups= 45
19:25	MEDALS FOR 3B, 4B and 4C	

April 24 Please note that the Facility OPENS everyday at 8 am and not before.

8:00-9:00	Warm up	
8: 39– 9:00	Comp Carpet: timed warm up for national groups (7 groups X 3 min)	
9:00- 9:35	National groups	5 minutes X7 groups= 35 minutes
9:35- 9:50	Carpet warm up 7 and 8 (5 groups X 7-8 gym X 3 min)	
9:50 – 11:45	Level 7 Routine 3 and Level 8 routine 3	12 + 26 =38 x 3=114 mins 1 hour and 54 minutes
11:45 – 11:55	Judges BREAK	10 mins
11:55– 13:15	Level 8 Routine 4	26 x 3 = 78 mins
13:15- 14:00	LUNCH judges AWARDS for Level 7/8, and for National groups	
13:30-14:00	Warm up for provincial Groups (9 groups x 3 min)	
14:00-14:45	Provincial Groups	45 mins
14:45– 14:55	BREAK Timed Warm up 5B (3 groups X 5-6 gym X 3 min)	
14:55 – 15:45	5 B Routine 3	17 gymnasts X 3 = 51 mins
15:45-15:55	BREAK Warm up for Sr 9 and HC (3 groups X 5-6 gym X 3 min)	
15:55- 17:40	Senior 9, HC Routine 3, Routine 4	34 routines X 3m= 102 minutes
	MEDALS for Provincial groups, 5B and Senior National	
19:00 – 21:00	Magical Mystery Tour and Dinner	

April 25 Please note that the Facility OPENS everyday at 8 am and not before.

8:00-9:10	Warm up	
8:50 -9:10	Timed Warm up (6 groups of 6 gym X 3mins)	
9:10- 11:00	Junior Routine 3	37 routines X3= 111 minutes
11:00-11:10	BREAK	
11:10- 13:00	Junior Routine 4	37 routines
13:00- 14:45	LUNCH –BREAK, Awards for Junior/Senior 9	
14:35- 14:45	Time warm up for 5C, 6B and 6C (3 groups X 8- 9 gym X 3min))	
14:50 – 16:05	5C, 6B, 6C Routine 3	75 Minutes
16:05- 16:30	Gala, and Awards for 5C,6B, 6C	
16:30 – 18:30	Tear Down	