

Aerials March Break Invitational Final Schedule

Amherst Regional High School, 190 Willow Street, Amherst NS
March 12th, 2016

Saturday March 12th, 2016

Session 1 –Level 3's, Level 4's and Argo 5

8:00 am – 8:20 am General Warm-up

8:30 am – 12:00 pm Competition

Session 2 – Novice 5, Tyro 5, Level 6's, Tyro 7, Tyro 8

12:30 pm – 12:50 pm General Warm-up

1:00 pm – 4:30 pm Competition

Session 3 – Novice 7, Open 7, Novice 8, Open 8, Level 9's, Level 10's

5:00 pm – 5:20 pm General Warm up

5:30 pm – 8:30 pm Competition

*******Reminder: Argo 4 and 5 vaults are flat back in NS and follow Level 3 deductions*******

Warm-up:

Vault, Bars & Floor: Group Warmup: If <7: one group, if 8+: split into 2 groups.

Beam: Warm-up 2, Compete 1.

Level 3's : 45 sec/gymnast

Level 4 & 5 : 60 sec/gymnast

Levels 6-8 : 90 sec/gymnast

Levels 9 & 10: 2min/gymnast

Floor: Levels 3-8: maximum 5 minutes

Floor: Levels 9 & 10: minimum 5 min –
max 8 min

Reminder: Refunds will only be given with a doctor's note.