

2016 Elite Canada – Final Schedule

SCHEDULE: WAG

DATE	ACTIVITY	LOCATION	
Thu. 4	08:45 – 09:10	Novice General Warm-up Group 1 (by club)	
	09:10 – 10:50	Novice Training Group 1	
	09:30 – 11:00	Judges' Briefing Session	
	10:50 – 11:20	Novice General Warm-up Group 2 (by club)	
	11:20 – 12:43	Novice Training Group 2	
	13:00 – 13:30	Technical Meeting	Competition Gym bleachers
	13:30 – 14:00	Junior/Senior General Warm-up Flight 1 Training	
	14:00 – 16:08	Junior/Senior Training Flight 1 Training	
	16:30 – 17:00	Junior/Senior General Warm-up Flight 2 Training	
	17:00 – 19:08	Junior/Senior Training Flight 2 Training	
	19:30 – 21:30	NTCC meeting – For coaches of NT Athletes with NTD	Room 159
Fri. 5	07:45 – 8:45	Open Training Junior & Senior	
	8:15 – 9:15	Judges' Meeting	Room –159
	09:00 – 9:20	Novice Flight 1 General Warm-up	
	9:30 – 12:00	Novice All-Around Day 1 Flight 1	
	9:30 – 10:30	Meeting of the Junior and Senior NT Members (mandatory for athletes if	Room 192
	12:00 – 12:20	Novice Flight 2 General Warm-up (on MAG Floor)	
	12:30 – 15:00	Novice All-Around Day 1 Flight 2	
	15:25 – 15:50	Senior General Warm-Up	
	15:50 – 17:55	Senior Warm-Up	
	16:30 – 17:30	Judges' Meeting	
	18:00 – 21:30	Senior All-Around & Awards Presentation	
	Sat. 6	09:00 – 10:20	Open training Senior (sign-up with floor manager by Friday, 15:30 – 20\$ per athlete if no show)
09:00 – 10:30		BJC Meeting	Room159
10:20 – 10:40		Junior General Warm-up	
10:40 – 12:24		Junior Warm-up	
11:30 – 12:30		Judges' Meeting	Room 159
12:30 – 14:30		Junior All-Around	
14:30		Junior AA Awards	
15:30 – 16:30		Judges' Meeting	Room 159
16:00 – 16:20		Novice General Warm-Up	
16:30 – 20:00		Novice All Around Day 2	
20:00		Novice Awards	
	20:30 – 21:30	Open training Senior (sign-up with floor manager by Saturday at 10:30) – 20\$ per athlete if no show)	
Sun. 7	9:30 – 10:50	Jr. & Sr. AF Warm-Up (open format)	
	10:00 – 11:00	Judges' Meeting	Room 159
	11:00 – 13:30	Junior & Senior Apparatus Finals	
	13:30	Junior & Senior Awards	

SCHEDULE: MAG

	ACTIVITY		LOCATION
Thu. 4	08:30 – 10:00	Junior & Senior Training	
	10:00 – 12:30	Novice Podium Training & <u>Physical Testing</u>	
	13:00 – 15:30	Junior Podium Training & <u>Physical Testing</u>	
	15:30 – 18:00	Senior Podium Training (MAG Judges recommended to attend)	
	18:30 – 19:00	Technical Meeting	Bleachers
Fri. 5	09:30 – 10:30	Junior & Senior Training	
	13:30 - 15:00	Novice and Junior Warm up	Judges meeting: Rm175
	15:00 - 17:30	Novice Competition (Optional) / Junior AA & Awards	
	17:30 – 19:00	Senior Warm up	
	19:00 – 21:30	Senior Competition + Award Ceremonies – All-Around	
Sat. 6	09:00 – 10:30	Junior & Senior Training	
	10:30 – 12:00	Novice Warm up	Judges meeting: Rm175
	12:00 – 14:30	Novice Competition (Compulsory) +Award Ceremonies	
	16:00 – 17:30	Junior & Senior Warm up (Apparatus Finals)	
	17:30 – 20:00	Junior & Senior AF Competition +Award Ceremonies	

