



Gymnastics Nova Scotia 2023 Provincial Championships Schedule:

Friday March 31st

Session 1: MAG Provincial 1 all ages, Provincial 2 all ages, Provincial 3 all ages (33 athletes total)

8:00- 8:15am: General Warmup

8:15- 12:00pm: Competition and Awards

Session 2: MAG Provincial 4 all ages, Open, Junior, Senior (18 athletes)

12:30- 12:45pm: General Warmup (No event touch permitted)

12:45- 4:00pm: Competition and Awards

WAG Novice 6 (20), Open 6 (4) (24 athletes)

12:30- 12:45pm: General Warmup (No event touch permitted)

12:45- 3:15pm: Competition

3:15- 4:00pm: Awards

Session 3: WAG Level 4 all ages (46 athletes)

4:30- 4:45pm: General Warmup (No event touch permitted)

4:45- 7:15pm Competition and Award

7:15- 8:00pm Awards

Saturday April 1st

Session 4: WAG: Level 3 all ages (26 athletes), level 5 all ages (11 athletes)

7:30- 7:45am: General Warmup (No event touch permitted)

7:45- 10:00am: Competition

10:00- 10:30am: Awards

Session 5: WAG: Argo 6 (1), Tyro 6 (16), level 8 all ages (14)

11:00- 11:15am: General Warmup (No event touch permitted)

11:15- 1:30pm: Competition

1:30- 2:00pm: Awards

Session 6: WAG: Level 7 all ages (28 athletes)

2:30- 2:45pm: General Warmup (No event touch permitted)

2:45- 4:45pm: Competition

4:45- 5:15pm: Awards

Session 7: WAG: Level 9 all ages, Level 10 all ages (19 athletes)

5:30- 5:50pm: General Warmup (No event touch permitted)

5:50- 8:00pm: Competition

8:00- 8:30pm: Awards