

2016 Canadian Gymnastics Championships
DRAFT SCHEDULE
MAG, WAG, TG

DAY 1 - Tuesday May 31st, 2016

	WAG / GAF	WAG / GAF	MAG / GAM	MAG / GAM	TRA	TUM	DMT	
	Training Gym	Comp Gym	Training Gym	Comp Gym				
7:00								7:00
7:30								7:30
8:00		Training JO 9-10 Group 1 8:00-10:00 Competition Gym						8:00
8:30								8:30
9:00								9:00
9:30	Training JO 9-10 Group 1 10:00-11:30 Training gym	Training JO 9-10 Group 2 10:00-11:30 Competition Gym						9:30
10:00				Arrivals and training by request Training Gym only 10:00 -15:00				10:00
10:30								10:30
11:00	Training JO 9-10 Group 2 11:00-12:30 Training gym	Training JO 9-10 Group 3 11:00-12:30 Competition Gym						11:00
11:30								11:30
12:00	Training JO 9-10 Group 3 12:30-14:00 Training gym	Training JO 9-10 Group 4 12:30-14:00 Competition Gym						12:00
12:30								12:30
13:00								13:00
13:30	Training JO 9-10 Group 4 14:00-16:00 Training gym	Training Novice HP 14:00 - 17:00						13:30
14:00								14:00
14:30								14:30
15:00			Nov / JR Training Only 15:00-17:30 Training Gym	Sr Training Only 15:00-17:30 Competition Gym				15:00
15:30								
16:00								16:00
16:30								16:30
17:00								17:00
17:30	Training JR SR Group 2 17:00 -18:30 Training gym	Training JR SR Group 1 17:00 -18:30 Competition Gym						17:30
18:00	Training JR SR Group 1 18:30 - 20:00 Training gym	Training JR SR Group 2 18:30 - 20:00 Training gym		Coach Consultation/ NTCC Meeting 18:00 - 20:00				18:00
18:30								18:30
19:00								19:00
19:30								19:30
20:00								20:00
20:30		Technical Meeting / Réunion technique 20:15		Technical Meeting / Réunion technique 20:15				20:30
21:00								21:00
21:30								21:30

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DAY 2 - Wednesday June 1st, 2016

	WAG / GAF	WAG / GAF	MAG / GAM	MAG / GAM	TRA	TUM	DMT	
	Training Gym	Comp Gym	Training Gym	Comp Gym				
7:00								7:00
7:30								7:30
8:00	Warm-up/Echauffement 8:00 - 8:20		additional training in training gym 9:00 - 11:00					8:00
8:30				Open / Sr				8:30
9:00	Warm-up/Echauffement 9:40-10:00	L 9 Sub 1 8:30-10:00		Novice Training /Physical Testing 9:00-12:00 Comp Gym Novice Test Physique /	TRAINING AB 9:00 - 10:30			9:00
9:30					TRAINING BC, SK, MB 10:30 - 12:00			9:30
10:00		Team / Équipe L9 Sub 2 10:00 - 11:30			TRAINING ON 12:00 - 13:30			10:00
10:30					TRAINING QC, NS + JUDGES' MEETING 13:30 - 15:00			10:30
11:00		AWARDS/PRIX			COACHES FORUM & NATIONAL TEAM COACHES' COUNCIL MEETING + SENIOR ATHLETES' MEETING 15:15 - 17:00			11:00
11:30					ORIENTATION MEETING 17:00 - 17:30			11:30
12:00				Physical Testing - Test Physique / Junior 12:00-15:30				12:00
12:30		Junior Warm up / Échauffement 12:40-14.20						12:30
13:00								13:00
13:30								13:30
14:00		Junior (24) 14:30-16:00	Senior Podium Warm up 14:30-16:30 Training Gym					14:00
14:30								14:30
15:00								15:00
15:30								15:30
16:00				Senior Podium Training Entraînement Podium 16:30-19:00 Comp Gym				16:00
16:30		Senior Warm up / Échauffement						16:30
17:00								17:00
17:30								17:30
18:00			Open Category training / Entraînement ouvert national 17:30-19:15		SYN L5 - Novice and Senior / Échauffement 18:00 - 18:55	Warm up / Échauffement 18:00 - 18:55	L5 - Novice and L6 - Espoir Warm up / Échauffement 18:00 - 18:55	18:00
18:30								18:30
19:00		17:05 - 18:50						19:00
19:30		Senior Qualification (28) 19:00 - 21:00		Open Category training / Entraînement ouvert national 19:15-21:00	SYN L5 - Novice Prelims SYN Senior Prelims 19:00 - 21:30	L5 - Novice Prelims L6 - Espoir Prelims 19:00 - 21:00		19:30
20:00								20:00
20:30								20:30
21:00								21:00
21:30								21:30

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DAY 3 - Thursday June 2nd, 2016

	WAG / GAF	WAG / GAF	MAG / GAM	MAG / GAM	TRA	TUM	DMT	
	Training Gym	Comp Gym	Training Gym	Comp Gym				
7:00								7:00
7:30								7:30
8:00				Novice Team/équipe	L5 - Novice and L6 - Espoir Prelims Warm up / Échauffement	L5 - Novice and L6 - Espoir Prelims Warm up / Échauffement	L5 - Novice and L6 - Espoir Prelims Warm up / Échauffement	8:00
8:30	Warm-up/Échauffement 8:30 - 8:50			Warm up / Échauffement	8:00 - 8:55	8:00 - 8:55	8:00 - 8:55	8:30
9:00		L 10 (12-15) Sub 1 9:00-11:00		8:00 - 09:25				9:00
9:30					L5 - Novice Prelims	L5 - Novice Prelims	L5 - Novice Prelims	9:30
10:00	Warm-up/Échauffement 10:35-10:55	Team/équipe		Novice	L6 - Espoir Prelims	L6 - Espoir Prelims	L6 - Espoir Prelims	10:00
10:30		L 10 (12-15) Sub 2 11:00 - 13:00		Team /Équipe	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	10:30
11:00		Team/équipe		9:30 - 12:00				11:00
11:30			Open Sub 1 General Warm up	AWARDS/PRIX	L6 - Espoir and Junior Prelims Warm up / Échauffement	L6 - Espoir and Junior Prelims Warm up / Échauffement	L6 - Espoir and Junior Prelims Warm up / Échauffement	11:30
12:00			12:00 - 13:25		Warm up / Échauffement	Warm up / Échauffement	Warm up / Échauffement	12:00
12:30	Warm-up/Échauffement 13:30 - 13:20	AWARDS/PRIX			12:00 - 12:55	12:00 - 12:55	12:00 - 12:55	12:30
13:00			Open Sub 2 General Warm up 13:45-15:40	Open SUB 1/ Ouvert All-Around / Concours multiple	L6- Espoir Prelims	L6- Espoir Prelims	L6- Espoir Prelims	13:00
13:30		L 9 Final (36) 13:30-16:30		Team / Équipe	Junior Prelims	Junior Prelims	Junior Prelims	13:30
14:00				Open SUB 2 / Ouvert All-Around / Concours multiple Team / Équipe	13:00 - 17:30	13:00 - 17:30	13:00 - 17:30	14:00
14:30								14:30
15:00								15:00
15:30								15:30
16:00		AWARDS/PRIX						16:00
16:30		Warm-up/Échauffement 17:00 - 17:20						16:30
17:00				AWARDS/PRIX				17:00
17:30			Warm up / Échauffement 17:30 - 19:00	Warm up / Échauffement 17:30 - 19:00	Senior Prelims	Senior Prelims	Senior Prelims	17:30
18:00		Novice (32)			Warm up / Échauffement	Warm up / Échauffement	Warm up / Échauffement	18:00
18:30		Team / Équipe 17:30 - 20:30	General warm up in Training	General warm up in Training	18:00 - 18:55	18:00 - 18:55	18:00 - 18:55	18:30
19:00				Junior All Around Finals / Finale concours multiple	Senior Prelims	Senior Prelims	Senior Prelims	19:00
19:30					19:00 - 21:30	19:00 - 21:30	19:00 - 21:30	19:30
20:00								20:00
20:30								20:30
21:00		AWARDS/PRIX		19:00 - 21:30				21:00
21:30				AWARDS/PRIX				21:30

DAY 4 - Friday June 3rd, 2016

	WAG / GAF	WAG / GAF	MAG / GAM	MAG / GAM	TRA	TUM	DMT	
	Training Gym	Comp Gym	Training Gym	Comp Gym				
7:00								7:00
7:30								7:30
8:00					L6 - Espoir Finals Warm up / Échauffement 8:00 - 8:55	L6 - Espoir Finals Warm up / Échauffement 8:00 - 8:55	L6 - Espoir Finals Warm up / Échauffement 8:00 - 8:55	8:00
8:30	Warm-up/Échauffement 8:30 - 8:50							8:30
9:00		L 10 (16+) Sub 1 9:00-11:00			L6 - Espoir Finals 9:00 - 12:00	L6 - Espoir Finals 9:00 - 12:00	L6 - Espoir Finals 9:00 - 12:00	9:00
9:30		Team/équipe						9:30
10:00	Warm-up/Échauffement 10:35-10:55	L 10 (16+) Sub 2 11:00 - 13:00						10:00
10:30		Team/équipe						10:30
11:00				Novice				11:00
11:30				Warm up / Échauffement 11:30 - 12:55	AWARDS/PRIX	AWARDS/PRIX	AWARDS/PRIX	11:30
12:00					L5 - Novice and Senior Finals Warm up / Échauffement 12:30 - 13:25	L5 - Novice and Junior Finals Warm up / Échauffement 12:30 - 13:25	Junior Finals Warm up / Échauffement 12:30 - 13:25	12:00
12:30	Warm-up/Échauffement 13:30 - 13:20			Novice				12:30
13:00				Compulsory / Obligatoire AA / Apparatus 13:00 - 15:30	AWARDS/PRIX			13:00
13:30		L 10 (12-15) Final (36) 13:30-16:30			AWARDS/PRIX			13:30
14:00					AWARDS/PRIX			14:00
14:30					AWARDS/PRIX			14:30
15:00							Junior Finals 15:00-15:30	15:00
15:30								15:30
16:00								16:00
16:30								16:30
17:00		Junior (16) /Senior (16)		Senior	AWARDS/PRIX	AWARDS/PRIX	AWARDS/PRIX	17:00
17:30		17:00 - 18:50		Warm up / Échauffement 16:10 - 17:54	AWARDS/PRIX	AWARDS/PRIX	AWARDS/PRIX	17:30
18:00		Warm up / Échauffement		Senior	Senior Finals / Warm up / Échauffement 17:30 - 18:25	Senior Finals Warm up / Échauffement 17:30 - 18:25	Senior Finals Warm up / Échauffement 17:30 - 18:25	18:00
18:30				All Around Finals / Finale concours multiple		Senior Finals 18:30-19:00		18:30
19:00							Senior Finals W 19:00-19:30	19:00
19:30		Senior & Junior Finals Finales Senior et junior 19:00 - 21:00					Senior Finals M 19:30-20:00	19:30
20:00				18:00 - 20:30				20:00
20:30				AWARDS/PRIX	Senior Finals W 20:00-20:30			20:30
21:00					Senior Finals M 20:30-21:00			21:00
21:30					AWARDS/PRIX	AWARDS/PRIX	AWARDS/PRIX	21:30

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DAY 5 - Saturday June 4th, 2016

	WAG / GAF	MAG / GAM	MAG / GAM	TRA	TUM	DMT	
	Training Gym	Training Gym	Comp Gym				
7:00							7:00
7:30							7:30
8:00			Open /JR Finals / Finales Ouvert/JR	L5 - Novice Finals Warm up / Échauffement		L5 - Novice Finals Warm up / Échauffement	8:00
8:30			Warm up / Échauffement	8:00 - 8:55		8:00 - 8:55	8:30
9:00		Warm-up/Échauffement 9:00 - 9:20	8:00 - 9:30				9:00
9:30		Novice (32) Finales / Finales	Open + Junior Finals / Finales Junior + Ouvers	L5 - Novice Finals		L5 - Novice Finals	9:30
10:00		9:30 - 12:30	9:30 - 12:00	9:00 - 12:00		9:00 - 12:00	10:00
10:30							10:30
11:00							11:00
11:30							11:30
12:00		AWARDS/PRIX	AWARDS/PRIX	AWARDS/PRIX		AWARDS/PRIX	12:00
12:30			SR Finals / Finales Warm up / Échauffement	Team Finals / Finales d'équipe Warm up / Échauffement	Team Finals / Finales d'équipe Warm up / Échauffement	Team Finals / Finales d'équipe Warm up / Échauffement	12:30
13:00							13:00
13:30	Warm-up/Échauffement 13:30 - 13:50		12:30 - 13:50	12:30 - 13:30	12:30 - 13:30	12:30 - 13:30	13:30
14:00		L 10 (16+)(36) Finales / Finales	Senior Finals Finales Senior		Team Finals W 14:00 - 14:30	Team Finals M 14:30 - 15:00	14:00
14:30		13:30 - 16:30					14:30
15:00					Team Finals M 15:00 - 15:30		15:00
15:30			14:00 - 17:00			Team Finals W 15:30 - 16:00	15:30
16:00				Team Finals M 16:00 - 16:45			16:00
16:30		AWARDS/PRIX		Team Finals W 16:45 - 17:30			16:30
17:00			AWARDS/PRIX				17:00
17:30				AWARDS/PRIX	AWARDS/PRIX	AWARDS/PRIX	17:30
18:00							18:00
18:30							18:30
19:00							19:00
19:30							19:30
20:00							20:00
20:30							20:30
21:00							21:00
21:30							21:30