



2025 Eastern Canadian Championships

Women's Artistic Gymnastics

Friday, May 9 to Sunday, May 11, 2025

Hosted by OAA

as of April 24, 2025

FRIDAY, MAY 9, 2025 TRAINING		
8:00am-10:00am	QC	55 athletes
10:00am-12:00pm	NB & NS	58 athletes (27 NB & 31 NS)
12:00pm-2:00pm	NL & PEI	31 NL & TBC PEI
2:45pm-4:45pm	ON	60 athletes
OPENING CEREMONIES – ALL DISCIPLINES 2:00pm		

FRIDAY, MAY 9, 2025 COMPETITION	
	Session 1
Category	Level 7 age 15+
March-In	4:45pm-5:00pm
Warm-Up	5:00pm-5:15pm
Competition	5:15pm-7:15pm
Awards	To follow in awards area in Gym 3, 4, 5

SATURDAY, MAY 10, 2025			
	Session 2	Session 3	Session 4
Category	Level 7 age 11-12	Level 9	Level 10
March-In	8:00am-8:15am	10:30am-10:40am	1:45pm-1:55pm
Warm-Up	8:15am-8:30am	10:40am-11:00am	1:55pm-2:15pm
Competition	8:30am-10:30am	11:00am-1:45pm	2:15pm-4:45pm
Awards	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5

SUNDAY, MAY 11, 2025			
	Session 5	Session 6	Session 7
Category	Level 7 age 13-14	Level 8 age 15+	Level 8 age 11-12 & 13-14
March-In	8:00am-8:15am	10:45am-11:00am	2:15pm-2:30pm
Warm-Up	8:15am-8:30am	11:00am-11:15am	2:30pm-2:45pm
Competition	8:30am-10:45am	11:15am-2:15pm	2:45pm-5:30pm
Awards	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5

Please note that there will be an awards specific schedule created to include all disciplines.