

2018 Canadian Gymnaestrada

Starting Orders and Detailed Time Schedule Specifications: Indoor Venue (Richmond Oval)

Warm-Up Area

Each group will be allotted a designated time block in the official warm-up area prior to their performance(s). This applies to all performances occurring in the Richmond Oval (rehearsals, performance day 1, performance day 2 and showcase).

The official warm-up area will contain two side-by-side carpets (12m x 12m AG floor top, 12m x 12m RG carpet). Each group will warm-up on the carpet they have selected for their performance (i.e. if a group has indicated they will be performing on an AG floor top, the group will warm-up on the AG floor top in the official warm-up area).

The time allotted to each group for their official warm-up will depend on their performance time:

- Groups with a performance time of 8 minutes or more will receive 10 minutes in the official warm-up area
- Groups with a performance time of less than 8 minutes will receive 5 minutes in the official warm-up

Some warm-up times will overlap between groups but they have been scheduled on two different carpets (i.e. a warm-up on the AG carpet may overlap slightly with the timing of a warm-up on the RG carpet). For this reason, there will be no music sound system provided in the official warm-up area. Groups may bring their own portable music playing device but they are expected to remain mindful of the volume level and warm-up happening on the other carpet.

Transitioning Between Warm-Up Area and Performance Area

Marshals will facilitate the rotation of groups in and out of the warm-up area. Due to the close proximity of the Performance area, groups will be given 3 minutes to walk to the “holding area” and then they will have 3 minutes to line-up and wait for their turn to enter the Performance Area.

Performance Area

The official performance area will contain two side-by-side carpets (12m x 12m AG floor top, 12m x 12m RG carpet). Each group will perform on the carpet they have indicated on their registration form.

Performance time allocations are based on the music time indicated by the group on their registration form and rounded to the next highest whole minute (i.e. if the music time is 6 minutes and 23 seconds, the group has been allotted 7 minutes in the schedule). **The performance time includes all entrances, exits, transitions, equipment/apparatus set-up and take-down.**

There is a 1 minute break scheduled between each performance for the announcer to introduce the next group.

2018 Canadian Gymnastrada
Start Orders and Detailed Schedule (as of March 1, 2018 - subject to change)

June 28, 2018 (Richmond Oval)

Rehearsals - Morning Group Block A

***Times and Start Orders Subject to Change**

08:00-12:00

Start #	Group Name	Club	P/T	Warm-Up Area			Performance Area		Performance Details			
				Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
1	Calgary Gymnastrada Team	Calgary Gymnastrada Team	AB	7:44	7:54	7:57	8:00	8:15	15	Indoor	X	
2	Aerials Gymnastics Junior	Aerials Gymnastics	AB	8:05	8:10	8:13	8:16	8:19	3	City	X	
3	Alberta Mosaic	Rhythmic Gymnastics Alberta	AB	8:04	8:14	8:17	8:20	8:35	15	Indoor		X
4	Oh Canada	Calgary Acro	AB	8:20	8:30	8:33	8:36	8:51	15	Indoor	X	
5	NEGC Northern Lights	North Edmonton Gymnastics Club	AB	8:41	8:46	8:49	8:52	8:55	3	City	X	
6	Rhythmicana	Rhythmicana	AB	8:40	8:50	8:53	8:56	9:04	8	Indoor		X
7	The Performer Inside	Kamloops Gymnastics Trampoline Centre	BC	8:49	8:59	9:02	9:05	9:15	10	Indoor	X	
8	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	9:05	9:10	9:13	9:16	9:19	3	City	X	
9	CARGO RED DEER	Central Alberta Rhythmic Gymnastics	AB	9:04	9:14	9:17	9:20	9:30	10	Indoor		X
10	SAS	Salta Gymnastics Club Medecine Hat	AB	9:20	9:25	9:28	9:31	9:36	5	Indoor	X	
11	Gymtastics South	Gymtastics Gym Club	AB	9:26	9:31	9:34	9:37	9:42	5	Indoor	X	
12	Lion's Pride Roar!	Lion's Pride Gymnastics Academy	BC	9:32	9:37	9:40	9:43	9:48	5	Indoor	X	
13	Dynamos Senior Gymnastics Team	Capital City Gym Club	AB	9:38	9:43	9:46	9:49	9:54	5	Indoor	X	
14	Alberta North	Phoenix/Aerials/Salto Gymnastics	AB	9:44	9:49	9:52	9:55	9:59	4	Indoor	X	
15	Illusions	Illusions Rhythmic Gymnastics	BC	9:44	9:54	9:57	10:00	10:09	9	Indoor		X
16	Flip City Flyers	Flip City Gymnastics	BC	9:54	10:04	10:07	10:10	10:18	8	Indoor	X	
17	Gymtastics North	Gymtastics Gym Club	AB	10:08	10:13	10:16	10:19	10:22	3	City	X	
18	NorGlen Rhythmics Gymnastics Club	NorGlen Rhythmics Gymnastics Club	AB	10:12	10:17	10:20	10:23	10:28	5	City		X
19	Alpha Rhythmic Gymnastics Performing Team	Alpha Rhythmic Gymnastics Club	AB	10:18	10:23	10:26	10:29	10:32	3	City		X
20	Splitz Gymnastics Performance Team	Splitz Gymnastics	BC	10:17	10:27	10:30	10:33	10:41	8	Indoor	X	
21	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	10:31	10:36	10:39	10:42	10:47	5	Indoor	X	
22	Airdrie Edge Demo Troupe	Airdrie Edge Gymnastics Club	AB	10:37	10:42	10:45	10:48	10:53	5	Indoor	X	
23	Calgary Gymnastics Centre	Calgary Gymnastics Centre	AB	10:43	10:48	10:51	10:54	10:59	5	City	X	
24	CARGO RED DEER	Central Alberta Rhythmic Gymnastics	AB	10:49	10:54	10:57	11:00	11:05	5	City		X
25	Fire & Ice	Twisters Gymnastics Club	BC	10:55	11:00	11:03	11:06	11:11	5	Indoor	X	
26	Lion's Pride Roar!	Lion's Pride Gymnastics Academy	BC	11:01	11:06	11:09	11:12	11:16	4	City	X	
27	RG Comp Gymnastrada Team	Capital City Gymnastics Centre	AB	11:06	11:11	11:14	11:17	11:20	3	City		X
28	The Performer Inside	Kamloops Gymnastics Trampoline Centre	BC	11:10	11:15	11:18	11:21	11:25	4	City	X	

2018 Canadian Gymnaestrada
Start Orders and Detailed Schedule (as of March 1, 2018 - *subject to change*)

29	Aerials Gymnastics Senior	Spruce Grove Aerials Gymnastics	AB	11:15	11:20	11:23	11:26	11:29	3	City	x	
30	Elena's RGC Performing Team	Elena's Rhythmic Gymnastics Club	AB	11:19	11:24	11:27	11:30	11:35	5	City		X
31	Phoenix Gymnaestrada Team	Phoenix Gymnastics Centre	AB	11:25	11:30	11:33	11:36	11:40	4	City	x	
32	Gymtastics South	Gymtastics Gym Club	AB	11:30	11:35	11:38	11:41	11:44	3	City	x	
33	Illusions	Illusions Rhythmic Gymnastics	BC	11:34	11:39	11:42	11:45	11:50	5	City		X
34	Whistler Entourage	Whistler Gymnastics	BC	11:40	11:45	11:48	11:51	11:55	4	City	X	
35	Gymnaestrada Stars	Salto Gymnastics	AB	11:45	11:50	11:53	11:56	11:59	3	City	X	

2018 Canadian Gymnaestrada
Start Orders and Detailed Schedule (as of March 1, 2018 - subject to change)

June 28, 2018 (Richmond Oval)

Rehearsals - Afternoon Group Block B

***Times and Start Orders Subject to Change**

13:15-17:00

Start #	Group Name	Club	P/T	Warm-Up Area			Performance Area		Performance Details			
				Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
1	Dancing Jewels	South Cariboo Rhythmic Gymnastics	BC	12:59	13:09	13:12	13:15	13:30	15	Indoor		X
2	Sweet Dreams & Beautiful Nightmare	Delta Gymnastics Society	BC	13:15	13:25	13:28	13:31	13:41	10	Indoor	X	
3	Come Together	TAG Sports Centre	BC	13:26	13:36	13:39	13:42	13:55	13	Indoor	X	
4	Victoria Rhythmic Gymnastics	Victoria Rhythmic Gymnastics Club	BC	13:40	13:50	13:53	13:56	14:05	9	Indoor		X
5	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	13:55	14:00	14:03	14:06	14:13	7	Indoor	X	
6	Momentum Aerial and Acrobatic Troupe	Momentum Aerial and Acrobatic Troupe	MB	13:58	14:08	14:11	14:14	14:24	10	Indoor		X
7	Ultra Rhythmics Club Provincial Team	Ultra Rhythmics Club	BC	14:14	14:19	14:22	14:25	14:30	5	Indoor		X
8	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	14:15	14:25	14:28	14:31	14:39	8	Indoor	X	
9	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	14:29	14:34	14:37	14:40	14:45	5	Indoor		X
10	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	14:35	14:40	14:43	14:46	14:52	6	Indoor	X	
11	Team Saskatchewan Gymnaestrada	Gymnastics Saskatchewan	SK	14:42	14:47	14:50	14:53	14:58	5	Indoor		X
12	Lux	Adamo Rhythmic Gymnastics	SK	14:48	14:53	14:56	14:59	15:04	5	Indoor		X
13	Manitoba Fusion	Manitoba Fusion	MB	14:49	14:59	15:02	15:05	15:20	15	Indoor	X	
14	TGI High Performance Gymnaestrada	Toronto Gymnastics International	ON	15:05	15:15	15:18	15:21	15:35	14	Indoor	X	
15	Aqsarniit Ujauttaq	Aqsarniit Ujauttaq	NU	15:25	15:30	15:33	15:36	15:41	5	Indoor	X	
16	Rhythmic Waves	Rhythmic Waves Gymnastics Club	ON	15:31	15:36	15:39	15:42	15:47	5	Indoor	X	
17	KRSG Gymnaestrada Team	Kanata Rhythmic Gymnastics Club	ON	15:32	15:42	15:45	15:48	15:56	8	Indoor		X
18	Pirouette RG	Pirouette Rhythmic Gymnastics Club	ON	15:46	15:51	15:54	15:57	16:02	5	Indoor		X
19	MRG Grace	Milton Rhythmic Gymnastics	ON	15:52	15:57	16:00	16:03	16:08	5	Indoor		X
20	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	15:58	16:03	16:06	16:09	16:13	4	City	X	
21	Ultra Rhythmics Club Provincial Team	Ultra Rhythmics Club	BC	16:03	16:08	16:11	16:14	16:17	3	City		X
22	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	16:07	16:12	16:15	16:18	16:23	5	City	X	
23	Victoria Rhythmic Gymnastics	Victoria Rhythmic Gymnastics Club	BC	16:13	16:18	16:21	16:24	16:29	5	City		X
24	Lux	Adamo Rhythmic Gymnastics	SK	16:19	16:24	16:27	16:30	16:33	3	City		X
25	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	16:23	16:28	16:31	16:34	16:39	5	City	X	
26	Team RRG	Regina Rhythmic Gymnastics Club	SK	16:29	16:34	16:37	16:40	16:43	3	City		X
27	TGI Adult Gymnaestrada	Toronto Gymnastics International	ON	16:33	16:38	16:41	16:44	16:50	6	Indoor	X	
28	MRG Grace	Milton Rhythmic Gymnastics	ON	16:40	16:45	16:48	16:51	16:54	3	City		x

2018 Canadian Gymnastrada
Start Orders and Detailed Schedule (as of March 1, 2018 - subject to change)

June 29, 2018 (Richmond Oval)

Performance Day 1 *Times and Start Orders Subject to Change

Segment 1 - 08:30-10:15

Start #	Group Name	Club	P/T	Warm-Up Area			Performance Area		Performance Details			
				Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
1	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	8:19	8:24	8:27	8:30	8:36	6	Indoor	X	
2	Alberta Mosaic	Rhythmic Gymnastics Alberta	AB	8:21	8:31	8:34	8:37	8:52	15	Indoor		X
3	Gymtastics South	Gymtastics Gym Club	AB	8:42	8:47	8:50	8:53	8:58	5	Indoor	x	
4	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	8:48	8:53	8:56	8:59	9:04	5	Indoor		X
5	Oh Canada	Calgary Acro	AB	8:49	8:59	9:02	9:05	9:20	15	Indoor	X	
6	Airdrie Edge Demo Troupe	Airdrie Edge Gymnastics Club	AB	9:10	9:15	9:18	9:21	9:26	5	Indoor	X	
7	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	9:16	9:21	9:24	9:27	9:32	5	Indoor	X	
8	CARGO RED DEER	Central Alberta Rhythmic Gymnastics	AB	9:17	9:27	9:30	9:33	9:43	10	Indoor		X
9	Rhythmic Waves	Rhythmic Waves Gymnastics Club	ON	9:33	9:38	9:41	9:44	9:49	5	Indoor	X	
10	Ultra Rhythmics Club Provincial Team	Ultra Rhythmics Club	BC	9:39	9:44	9:47	9:50	9:55	5	Indoor		X
11	Dynamos Senior Gymnastics Team	Capital City Gym Club	AB	9:45	9:50	9:53	9:56	10:01	5	Indoor	X	
12	Victoria Rhythmic Gymnastics	Victoria Rhythmic Gymnastics Club	BC	9:46	9:56	9:59	10:02	10:11	9	Indoor		X

Break (10:15-10:30)

Segment 2 - 10:30-12:00

Start #	Group Name	Club	P/T	Warm-Up Area			Performance Area		Performance Details			
				Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
13	Come Together	TAG Sports Centre	BC	10:14	10:24	10:27	10:30	10:43	13	Indoor	X	
14	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	10:33	10:38	10:41	10:44	10:48	4	City	x	
15	MRG Grace	Milton Rhythmic Gymnastics	ON	10:38	10:43	10:46	10:49	10:54	5	Indoor		X
16	Flip City Flyers	Flip City Gymnastics	BC	10:39	10:49	10:52	10:55	11:03	8	Indoor	X	
17	Lux	Adamo Rhythmic Gymnastics	SK	10:53	10:58	11:01	11:04	11:09	5	Indoor		X
18	Calgary Gymnastrada Team	Calgary Gymnastrada Team	AB	10:54	11:04	11:07	11:10	11:25	15	Indoor	X	
19	Team Saskatchewan Gymnastrada	Gymnastics Saskatchewan	SK	11:15	11:20	11:23	11:26	11:31	5	Indoor		X
20	Fire & Ice	Twisters Gymnastics Club	BC	11:21	11:26	11:29	11:32	11:37	5	Indoor	X	
21	Pirouette RG	Pirouette Rhythmic Gymnastics Club	ON	11:27	11:32	11:35	11:38	11:43	5	Indoor		X
22	Lion's Pride Roar!	Lion's Pride Gymnastics Academy	BC	11:33	11:38	11:41	11:44	11:49	5	Indoor	X	
23	Rhythmicana	Rhythmicana	AB	11:34	11:44	11:47	11:50	11:58	8	Indoor		X

Lunch (12:00-13:00)

2018 Canadian Gymnaestrada
Start Orders and Detailed Schedule (as of March 1, 2018 - subject to change)

Segment 3 - 13:00-14:45				Warm-Up Area		Performance Area		Performance Details				
Start #	Group Name	Club	P/T	Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
24	Momentum Aerial and Acrobatic Troupe	Momentum Aerial and Acrobatic Troupe	MB	12:44	12:54	12:57	13:00	13:10	10	Indoor		X
25	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	13:00	13:05	13:08	13:11	13:18	7	Indoor	X	
26	Phoenix Gymnaestrada Team	Phoenix Gymnastics Centre	AB	13:08	13:13	13:16	13:19	13:23	4	City	x	
27	Illusions	Illusions Rhythmic Gymnastics	BC	13:08	13:18	13:21	13:24	13:33	9	Indoor		X
28	The Performer Inside	Kamloops Gymnastics Trampoline Centre	BC	13:18	13:28	13:31	13:34	13:44	10	Indoor	X	
29	TGI High Performance Gymnaestrada	Toronto Gymnastics International	ON	13:29	13:39	13:42	13:45	13:59	14	Indoor	X	
30	SAS	Salta Gymnastics Club Medecine Hat	AB	13:49	13:54	13:57	14:00	14:05	5	Indoor	X	
31	Gymtastics South	Gymtastics Gym Club	AB	13:55	14:00	14:03	14:06	14:09	3	City	x	
32	Dancing Jewels	South Cariboo Rhythmic Gymnastics	BC	13:54	14:04	14:07	14:10	14:25	15	Indoor		X
33	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	14:10	14:20	14:23	14:26	14:34	8	Indoor	x	
34	Aqsarniit Ujauttaq	Aqsarniit Ujauttaq	NU	14:24	14:29	14:32	14:35	14:40	5	Indoor	X	
35	NEGC Northern Lights	North Edmonton Gymnastics Club	AB	14:30	14:35	14:38	14:41	14:44	3	City	X	
Break (14:45-15:00)												
Segment 4 - 15:00-16:30				Warm-Up Area		Performance Area		Performance Details				
Start #	Group Name	Club	P/T	Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
36	TGI Adult Gymnaestrada	Toronto Gymnastics International	ON	14:49	14:54	14:57	15:00	15:06	6	Indoor	X	
37	Alberta North	Phoenix/Aerials/Salto Gymnastics	AB	14:56	15:01	15:04	15:07	15:11	4	Indoor	X	
38	KRSG Gymnaestrada Team	Kanata Rhythmic Gymnastics Club	ON	14:56	15:06	15:09	15:12	15:20	8	Indoor		X
39	Ultra Rhythmics Club Provincial Team	Ultra Rhythmics Club	BC	15:10	15:15	15:18	15:21	15:24	3	City		X
40	Manitoba Fusion	Manitoba Fusion	MB	15:09	15:19	15:22	15:25	15:40	15	Indoor	X	
41	RG Comp Gymnaestrada Team	Capital City Gymnastics Centre	AB	15:30	15:35	15:38	15:41	15:44	3	City		X
42	Sweet Dreams & Beautiful Nightmare	Delta Gymnastics Society	BC	15:29	15:39	15:42	15:45	15:55	10	Indoor	X	
43	Lux	Adamo Rhythmic Gymnastics	SK	15:45	15:50	15:53	15:56	15:59	3	City		X
44	Splitz Gymnastics Performance Team	Splitz Gymnastics	BC	15:44	15:54	15:57	16:00	16:08	8	Indoor	X	
45	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	15:58	16:03	16:06	16:09	16:12	3	City	X	
46	MRG Grace	Milton Rhythmic Gymnastics	ON	16:02	16:07	16:10	16:13	16:16	3	City		X
47	Lion's Pride Roar!	Lion's Pride Gymnastics Academy	BC	16:06	16:11	16:14	16:17	16:21	4	City	X	
48	The Performer Inside	Kamloops Gymnastics Trampoline Centre	BC	16:11	16:16	16:19	16:22	16:26	4	City	X	

2018 Canadian Gymnaestrada
Start Orders and Detailed Schedule (as of March 1, 2018 - subject to change)

June 30, 2018 (Richmond Oval)

Performance Day 2 *Times and Start Orders Subject to Change

Segment 1 - 08:30-10:05

Start #	Group Name	Club	P/T	Warm-Up Area			Performance Area		Performance Details			
				Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
1	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	8:12	8:17	8:27	8:30	8:37	7	Indoor	X	
2	Lux	Adamo Rhythmic Gymnastics	SK	8:27	8:32	8:35	8:38	8:43	5	Indoor		X
3	Splitz Gymnastics Performance Team	Splitz Gymnastics	BC	8:28	8:38	8:41	8:44	8:52	8	Indoor	X	
4	Alberta North	Phoenix/Aerials/Salto Gymnastics	AB	8:42	8:47	8:50	8:53	8:57	4	Indoor	X	
5	Victoria Rhythmic Gymnastics	Victoria Rhythmic Gymnastics Club	BC	8:47	8:52	8:55	8:58	9:03	5	City		X
6	Sweet Dreams & Beautiful Nightmare	Delta Gymnastics Society	BC	8:48	8:58	9:01	9:04	9:14	10	Indoor	X	
7	Calgary Gymnastics Centre	Calgary Gymnastics Centre	AB	9:04	9:09	9:12	9:15	9:20	5	City	X	
8	NorGlen Rhythmics Gymnastics Club	NorGlen Rhythmics Gymnastics Club	AB	9:10	9:15	9:18	9:21	9:26	5	City		X
9	Lion's Pride Roar!	Lion's Pride Gymnastics Academy	BC	9:16	9:21	9:24	9:27	9:32	5	Indoor	X	
10	SAS	Salta Gymnastics Club Medecine Hat	AB	9:22	9:27	9:30	9:33	9:38	5	Indoor	X	
11	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	9:28	9:33	9:36	9:39	9:44	5	Indoor		X
12	TGI High Performance Gymnaestrada	Toronto Gymnastics International	ON	9:29	9:39	9:42	9:45	9:59	14	Indoor	X	
13	Aqsarniit Ujauttaq	Aqsarniit Ujauttaq	NU	9:49	9:54	9:57	10:00	10:05	5	Indoor	X	

Break (10:05-10:20)

Segment 2 - 10:20-12:00				Warm-Up Area			Performance Area		Performance Details			
Start #	Group Name	Club	P/T	Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
14	Momentum Aerial and Acrobatic Troupe	Momentum Aerial and Acrobatic Troupe	MB	10:04	10:14	10:17	10:20	10:30	10	Indoor		X
15	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	10:15	10:25	10:28	10:31	10:39	8	Indoor	X	
16	Team RRG	Regina Rhythmic Gymnastics Club	SK	10:29	10:34	10:37	10:40	10:43	3	City		X
17	Oh Canada	Calgary Acro	AB	10:28	10:38	10:41	10:44	10:59	15	Indoor	X	
18	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	10:49	10:54	10:57	11:00	11:06	6	City	X	
19	Aerials Gymnastics Junior	Aerials Gymnastics	AB	10:56	11:01	11:04	11:07	11:10	3	City	X	
20	CARGO RED DEER	Central Alberta Rhythmic Gymnastics	AB	11:00	11:05	11:08	11:11	11:16	5	City		X
21	TGI Adult Gymnaestrada	Toronto Gymnastics International	ON	11:06	11:11	11:14	11:17	11:23	6	Indoor	X	
22	Elena's RGC Performing Team	Elena's Rhythmic Gymnastics Club	AB	11:13	11:18	11:21	11:24	11:29	5	City		X
23	Manitoba Fusion	Manitoba Fusion	MB	11:14	11:24	11:27	11:30	11:45	15	Indoor	X	
24	Aerials Gymnastics Senior	Spruce Grove Aerials Gymnastics	AB	11:35	11:40	11:43	11:46	11:49	3	City	X	
25	Alpha Rhythmic Gymnastics Performing Team	Alpha Rhythmic Gymnastics Club	AB	11:39	11:44	11:47	11:50	11:53	3	City		X
26	Fire & Ice	Twisters Gymnastics Club	BC	11:43	11:48	11:51	11:54	11:59	5	Indoor	X	

2018 Canadian Gymnastrada
Start Orders and Detailed Schedule (as of March 1, 2018 - subject to change)

Lunch (12:00-13:00)

Segment 3 - 13:00-14:55												
Start #	Group Name	Club	P/T	Warm-Up Area			Performance Area		Performance Details			
				Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
27	Rhythmic Waves	Rhythmic Waves Gymnastics Club	ON	12:49	12:54	12:57	13:00	13:05	5	Indoor	X	
28	Pirouette RG	Pirouette Rhythmic Gymnastics Club	ON	12:55	13:00	13:03	13:06	13:11	5	Indoor		X
29	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	13:01	13:06	13:09	13:12	13:17	5	Indoor	X	
30	KRSG Gymnastrada Team	Kanata Rhythmic Gymnastics Club	ON	13:02	13:12	13:15	13:18	13:26	8	Indoor		X
31	Calgary Gymnastrada Team	Calgary Gymnastrada Team	AB	13:11	13:21	13:24	13:27	13:42	15	Indoor	X	
32	MRG Grace	Milton Rhythmic Gymnastics	ON	13:32	13:37	13:40	13:43	13:48	5	Indoor		X
33	The Performer Inside	Kamloops Gymnastics Trampoline Centre	BC	13:33	13:43	13:46	13:49	13:59	10	Indoor	X	
34	Illusions	Illusions Rhythmic Gymnastics	BC	13:44	13:54	13:57	14:00	14:09	9	Indoor		X
35	Gymtastics South	Gymtastics Gym Club	AB	13:59	14:04	14:07	14:10	14:15	5	Indoor	X	
36	Alberta Mosaic	Rhythmic Gymnastics Alberta	AB	14:00	14:10	14:13	14:16	14:31	15	Indoor		X
37	Whistler Entourage	Whistler Gymnastics	BC	14:21	14:26	14:29	14:32	14:35	3	City	X	
38	Victoria Rhythmic Gymnastics	Victoria Rhythmic Gymnastics Club	BC	14:20	14:30	14:33	14:36	14:45	9	Indoor		X
39	Team Saskatchewan Gymnastrada	Gymnastics Saskatchewan	SK	14:35	14:40	14:43	14:46	14:51	5	Indoor		X

Break (14:55-15:10)

Segment 4 - 15:10-17:00												
Start #	Group Name	Club	P/T	Warm-Up Area			Performance Area		Performance Details			
				Enter	Exit	Line-up	Enter	Exit	Time	Type	Floor AG	Floor RG
40	Flip City Flyers	Flip City Gymnastics	BC	14:54	15:04	15:07	15:10	15:18	8	Indoor	X	
41	CARGO RED DEER	Central Alberta Rhythmic Gymnastics	AB	15:03	15:13	15:16	15:19	15:29	10	Indoor		X
42	Dynamos Senior Gymnastics Team	Capital City Gym Club	AB	15:19	15:24	15:27	15:30	15:35	5	Indoor	X	
43	Airdrie Edge Demo Troupe	Airdrie Edge Gymnastics Club	AB	15:25	15:30	15:33	15:36	15:41	5	Indoor	X	
44	Ultra Rhythmics Club Provincial Team	Ultra Rhythmics Club	BC	15:31	15:36	15:39	15:42	15:47	5	Indoor		X
45	Come Together	TAG Sports Centre	BC	15:32	15:42	15:45	15:48	16:01	13	Indoor	X	
46	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	15:51	15:56	15:59	16:02	16:07	5	Indoor	X	
47	Bowen Island Gymnastrada Team	Bowen Island Gymnastics	BC	15:57	16:02	16:05	16:08	16:13	5	City	X	
48	Rhythmicana	Rhythmicana	AB	15:58	16:08	16:11	16:14	16:22	8	Indoor		X
49	Gymtastics North	Gymtastics Gym Club	AB	16:12	16:17	16:20	16:23	16:26	3	City	X	
50	Dancing Jewels	South Cariboo Rhythmic Gymnastics	BC	16:11	16:21	16:24	16:27	16:42	15	Indoor		X
51	Illusions	Illusions Rhythmic Gymnastics	BC	16:27	16:37	16:40	16:43	16:48	5	City		X
52	Gymnastrada Stars	Salto Gymnastics	AB	16:33	16:43	16:46	16:49	16:52	3	City	X	

2018 Canadian Gymnaestrada
Start Orders and Detailed Schedule (as of March 1, 2018 - subject to change)

July 1, 2018 (Steveston Village)

City Performance Day *Times and start orders are subject to change

Segment 1 - 13:00-14:00 (Children Festival Stage)

Start #	Group Name	Club	P/T	Line-up	Performance Area		Time
					Enter	Exit	
1	Victoria Rhythmic Gymnastics	Victoria Rhythmic Gymnastics Club	BC	12:57	13:00	13:05	5
2	Lux	Adamo Rhythmic Gymnastics	SK	13:03	13:06	13:09	3
3	Aerials Gymnastics Senior	Spruce Grove Aerials Gymnastics	AB	13:07	13:10	13:13	3
4	Whistler Entourage	Whistler Gymnastics	BC	13:11	13:14	13:17	3
5	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	13:15	13:18	13:23	5
6	Elena's RGC Performing Team	Elena's Rhythmic Gymnastics Club	AB	13:21	13:24	13:29	5
7	Gymtastics North	Gymtastics Gym Club	AB	13:27	13:30	13:33	3
8	Illusions	Illusions Rhythmic Gymnastics	BC	13:31	13:34	13:39	5
9	CARGO RED DEER	Central Alberta Rhythmic Gymnastics	AB	13:37	13:40	13:45	5
10	Calgary Gymnastics Centre	Calgary Gymnastics Centre	AB	13:43	13:46	13:51	5
11	Lion's Pride Roar!	Lion's Pride Gymnastics Academy	BC	13:49	13:52	13:56	4
12	Gymtastics South	Gymtastics Gym Club	AB	13:54	13:57	14:02	5

Break (14:00-15:00)

Segment 2 - 15:00-16:00 (Canada Day Stage)

Start #	Group Name	Club	P/T	Line-up	Performance Area		Time
					Enter	Exit	
13	MRG Grace	Milton Rhythmic Gymnastics	ON	14:57	15:00	15:03	3
14	Aerials Gymnastics Junior	Aerials Gymnastics	AB	15:01	15:04	15:07	3
15	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	15:05	15:08	15:12	4
16	Gymnaestrada Stars	Salto Gymnastics	AB	15:10	15:13	15:16	3
17	NEGC Northern Lights	North Edmonton Gymnastics Club	AB	15:14	15:17	15:20	3
18	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	15:18	15:21	15:26	5
19	NorGlen Rhythmics Gymnastics Club	NorGlen Rhythmics Gymnastics Club	AB	15:24	15:27	15:32	5
20	Team RRGC	Regina Rhythmic Gymnastics Club	SK	15:30	15:33	15:36	3
21	Phoenix Gymnaestrada Team	Phoenix Gymnastics Centre	AB	15:34	15:37	15:41	4
22	Alpha Rhythmic Gymnastics Performing Team	Alpha Rhythmic Gymnastics Club	AB	15:39	15:42	15:45	3
23	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	15:43	15:46	15:49	3
24	Ultra Rhythmics Club Provincial Team	Ultra Rhythmics Club	BC	15:47	15:50	15:53	3
25	RG Comp Gymnaestrada Team	Capital City Gymnastics Centre	AB	15:51	15:54	15:57	3
26	The Performer Inside	Kamloops Gymnastics Trampoline Centre	BC	15:55	15:58	16:02	4