

APPENDIX 1: GENERAL SCHEDULE

PODIUM PRACTICE - Thursday, May 18, 2017

9:00	17:00	Timed Podium Training
14:00	16:00	Official Judges Podium Session
16:00	17:30	Judges Meeting - Kinette Room - Kinsmen
19:00	19:30	Coaches/Managers Technical Meeting - Chateau Lacombe - McDougall Room
19:30	21:30	Coaches'/Judges'/Managers' Reception - Chateau Lacombe - Strathcona Room

DAY 1 -Friday May 19, 2017 COMPETITION A

07:00		Gym Opens
08:00	09:00	Judges' Meeting
09:00	09:15	Timed Warm-up for Novice Group & Novice Free/Hoop
09:15	09:25	Official Welcome
09:25	11:30	Novice Group of Five Ropes (Perf 1) & Novice Free/Hoop
11:30	12:15	Lunch Break
12:00	12:15	Timed Warm-up for Senior Open
12:15	13:45	Senior Open Competition Hoop/Ball
13:45	14:00	Timed Warm-up for Senior HP Break
14:00	15:10	Senior HP Competition Hoop/Ball
15:10	15:25	Timed Warm-up: Junior HP
15:25	17:05	Junior HP Competition Hoop/Ball
17:05	17:20	Timed Warm-up Junior Open
17:20	19:10	Junior Open Competition Hoop/Ball
19:10	19:55	Dinner Break
19:20	19:50	Timed Warm-up for Junior Groups
19:50	20:05	Junior FIG Groups - Rope Competition
20:05	20:15	Bus for judges back to Chateau Lacombe
21:00		Program Committee Meeting at Chateau Lacombe - McDougall Room

DAY 2 -Saturday, May 20, 2017 COMPETITION A

07:30		Gym Opens
08:00	09:00	Judges' Meeting
09:00	09:15	Novice Group & Individual Timed Warm-up
09:15	11:15	Novice Group of 5 (Perf 2) & Novice Competition Ball/Clubs
11:15	11:30	AWARDS - Novice Group AA & Novice Apparatus and AA
11:30	12:15	Lunch Break
12:00	12:15	Timed Warm-up for Senior Open
12:15	13:45	Senior Open Competition Clubs/Ribbon
13:45	14:00	Timed Warm-up Senior HP
14:00	15:10	Senior HP Competition Clubs/Ribbon
15:10	15:25	Timed Warm-up: Junior HP/Open
15:25	17:05	Junior HP/Open Competition Clubs/Ribbon
17:05	17:20	Timed Warm-up Junior Open
17:20	19:10	Junior Open Competition Clubs/Ribbon
19:10	19:55	Dinner Break
19:20	19:50	Timed Warm-ups Junior Group (10 min. per group)
19:50	20:05	Junior Group Competition Clubs
20:05	20:20	AWARDS National Junior & Senior Open Apparatus & AA
20:30		NTCC Meeting at Château Lacombe - McDougall Room

APPENDIX 1: GENERAL SCHEDULE

DAY 3 -Sunday, May 21, 2017 COMPETITION B

07:30		Gym Opens
08:00	08:45	Judges' Meeting
08:45	09:00	Timed Warmup - Junior HP
09:00	11:15	Junior HP Certificates & Competition B
11:15	12:00	Lunch Break
11:40	12:00	Timed Warmup -Junior Group and Senior HP
12:00	12:05	Senior HP Certificates
12:05	12:20	Junior Group Competition B - Rope
12:20	14:35	Senior HP - Competition B
14:35	14:50	Timed Warm up -Junior Group
14:50	15:05	Junior Group Competition B - Clubs
15:05	15:45	Awards

Awards -
National Junior Group Apparatus and AA
Junior HP Apparatus and AA
Senior HP Apparatus and AA Awards

Special Awards
Provincial Team Award
International Achievements: Athlete, Coach and Judge Recognition
Miss Elegance
Junior Athlete of the Year
Senior Athlete of the Year
Coach of the Year