

## Appendix A

### SCHEDULE

#### THURSDAY MAY 17

08:30 – 17:00	Podium Training
17:00 – 17:45	Technical Meeting for accredited coaches & managers
18:00 – 19:30	National Team Coach Council Meeting (accredited coaches & judges welcome to observe)

#### FRIDAY MAY 18

07:15	Gym Opens
07:45 – 08:45	Judges' Meeting
08:30 – 08:50	Timed Warm-up for Novice Group & Novice (2.5 min. per group/3 min. groups of 7)
08:50 – 09:00	<b>Official Welcome</b>
09:00 – 11:20	<b>Novice Group (Perf 1) – 5 Hoops &amp; Novice Free/Rope</b>
11:20 – 12:00	Lunch Break
11:45 – 12:00	Timed Warm-up for Senior Open (3 min. groups of 7)
12:00 – 14:05	<b>Senior Open Competition A – Hoop/Ball</b>
14:05 – 14:15	Timed Warm-up for Senior HP (3 min. groups of 7)
14:15 – 15:35	<b>Senior HP Competition A – Hoop/Ball</b>
15:35 – 15:45	Timed Warm-up Junior HP & Top 2 Junior Open from East & West (3 min. groups of 7)
15:45 – 17:15	<b>Junior High Performance Competition A &amp; Junior Open – Hoop/Ball</b>
17:15 – 18:00	Dinner Break
17:45 – 18:00	Timed Warm-up for Junior & Senior Group (2.5 min. per group)
18:00 – 18:25	<b>Jr. &amp; Sr. Group Competition A (Perf 1) – Jr. Clubs/Ribbon; Sr. Hoop/Hoop &amp; Clubs</b>
18:25 – 18:35	Timed Warm Ups for Junior Open (3 min. per groups of 7)
18:35 – 20:40	<b>Junior Open Competition A – Hoop/Ball</b>
20:45 – 21:45	<b>Program Committee Meeting</b>

#### SATURDAY MAY 19

07:15	Gym Opens
08:00 – 08:45	Judges' Meeting
08:45 – 09:00	Timed Warm-up for Novice Group & Novice (2.5 min. per group/3 min. groups of 7)
09:00 – 11:20	<b>Novice Group (Perf 2) – 5 Hoops &amp; Novice Ball/Clubs</b>
11:20 – 11:30	<b>AWARDS – Novice Group AA &amp; Novice Apparatus and AA</b>
11:30 – 12:00	Lunch Break
11:45 – 12:00	Timed Warm up for Senior Open (3 min. groups of 7)
12:00 – 14:05	<b>Senior Open Competition A – Clubs/Ribbon</b>
14:05 – 14:15	Timed Warm-up for Senior HP (3 min. groups of 7)
14:15 – 15:35	<b>Senior HP Competition A – Clubs/Ribbon</b>
15:35 – 15:45	Timed Warm-up for Junior HP & Top 2 Junior Open from East & West (3 min. groups of 7)
15:45 – 17:15	<b>Junior HP Competition A &amp; Junior Open – Clubs/Ribbon</b>
17:15 – 18:00	Dinner Break
17:45 – 18:00	Timed Warm-up for Junior & Senior Groups (2.5 min. per group)
18:00 – 18:25	<b>Jr &amp; Sr Group Competition A (Perf 2) – Jr. Rope/Ribbon; Sr. Rope/Ball-Hoop/Clubs</b>
18:25 – 18:35	Timed Warm-up for Junior Open (3 min. groups of 7)
18:35 – 20:35	<b>Junior Open Competition A – Clubs/Ribbon</b>



20:50 – 21:15

**AWARDS Jr. & Sr. Open Apparatus & AA; Jr. & Sr. Group Development AA**

**SUNDAY MAY 20**

07:15

**COMPETITION B**

Gym Opens

08:00 – 08:45

Judges' Meeting

08:40 – 09:00

Timed Warm-up for Groups & Junior HP

09:00 – 09:20

**Group Competition B – Performance 1**

09:20 – 11:45

**Junior HP Certificates & Competition B**

11:45 – 12:30

Lunch Break

12:10 – 12:30

Timed Warm-up for Groups & Senior HP

12:30 – 12:50

**Group Competition B – Performance 2**

12:50 – 15:05

**Senior HP Certificates & Competition B**

15:05 – 15:25

**Competition Closing**

15:25 – 16:15

**AWARDS & CLOSING**

- National Junior & Senior Group Apparatus & AA
- Junior HP Apparatus & AA
- Senior HP Apparatus & AA
- Provincial Team Award
- International Recognition – Athlete, Coach, Judge
- Miss Elegance
- Junior Athlete of the Year
- Senior Athlete of the Year
- Coach of the Year