



**Rhythmic Gymnastics  
Official Schedule**

Training	Thursday March 16, 2017
07:00	Gym opens
8:24 - 16:34	Official Podium training
16:45 - 18:00	Accredited Coaches Orientation Meeting - 2nd floor
18:00 - 20:00	Reception for Coaches & Judges - 2nd floor
Competition A	Friday March 17, 2017
07:00	Gym opens
8:00 - 8:15	Judges Meeting / 8:15 Gym
8:15 - 8:25	Timed warm up for Junior Flight C
<b>8:30 - 10:40</b>	<b>Junior Flight C Hoop &amp; Ball</b>
10:40 - 10:50	Timed warm up for Junior Flight B
<b>10:50 - 12:45</b>	<b>Junior Flight B Hoop &amp; Ball</b>
12:45 - 13:15	Lunch for judges
13:00 - 13:10	Timed warm up for Junior Flight A
<b>13:15 - 15:00</b>	<b>Junior Flight A Hoop &amp; Ball</b>
15:00 - 15:10	Timed warm up for Senior Flight B
<b>15:10 - 16:40</b>	<b>Senior Flight B Hoop &amp; Ball</b>
16:40 - 16:50	Timed warm up for Senior Flight A
<b>16:50 - 18:15</b>	<b>Senior Flight A Hoop &amp; Ball</b>
18:15 - 18:45	Dinner for judges
18:15 - 18:45	Timed warm up for Groups (3 min/grp)
<b>18:45 - 19:20</b>	<b>Group competition-1st performance</b>
19:20 - 19:30	Timed warm up for Novice
<b>19:30 - 21:10</b>	<b>Novice Free &amp; Hoop</b>
Competition A	Saturday March 18, 2017
07:00	Gym opens
7:45 - 8:15	Judges Meeting /Gym 8:15
8:15 - 8:25	Timed warm up for Junior Flight C
<b>8:30 - 10:40</b>	<b>Junior Flight C Clubs &amp; Ribbon</b>
10:40 - 10:50	Timed warm up for Junior Flight B
<b>10:50 - 12:45</b>	<b>Junior Flight B Clubs &amp; Ribbon</b>
12:45 - 13:15	Lunch for judges

13:00 - 13:10	Timed warm up for Junior Flight A
<b>13:15 - 15:00</b>	<b>Junior Flight A Clubs &amp; Ribbon</b>
15:00 - 15:10	Timed warm up for Senior Flight B
<b>15:10 - 16:40</b>	<b>Senior Flight B Clubs &amp; Ribbon</b>
16:40 - 16:50	Timed warm up for Senior Flight A
<b>16:50 - 18:15</b>	<b>Senior Flight A Clubs &amp; Ribbon</b>
18:15 - 18:45	Dinner for judges
18:15 - 18:45	Timed warm up for Groups (3 min/grp)
<b>18:45 - 19:20</b>	<b>Group competition-2nd Performance</b>
<b>19:20 - 19:25</b>	<b>Awards: Groups 3/4 Novice, Junior, Senior AA</b>
19:20 - 19:30	Timed warm up for Novice
<b>19:30 - 21:10</b>	<b>Novice Ball &amp; Clubs</b>
<b>21:10 - Closing</b>	<b>Awards: Novice AA, Novice &amp; Jr. Development Groups AA</b>
<b>Competition B</b>	<b>Sunday March 19, 2017</b>
07:30	Gym opens
8:00 - 8:45	Judges Meeting / 8:45 Gym
8:45 - 8:55	Timed Warm Up for Junior
<b>9:00 - 11:30</b>	<b>Junior AA and Finals</b>
11:30 - 11:45	Break-Group Timed Warm Up (3 min/grp)
<b>11:45 - 12:00</b>	<b>Group Finals- 1st Performance</b>
12:00 - 12:45	Lunch for judges
12:20 - 12:45	Timed Warm Up Group & Senior
<b>12:45 - 13:00</b>	<b>Group Finals- 2nd Performance</b>
<b>13:00 - 15:30</b>	<b>Senior AA &amp; Finals</b>
<b>15:30 - 16:15</b>	<b>Awards: Jr &amp; Sr. Ind. &amp; Group Apparatus Finals &amp; AA</b>