

Elite Canada 2018 - RG Schedule

Thursday, February 1	
12.00-18.00	Podium training
18:00 - 18:30	EC Orientation Meeting at venue-EC accredited coaches
18:30 - 19:30	Coach Education Presentation (All coaches & judges who coach)
Competition A	
Friday, February 2	
8.00	Gym opens - Junior Rotation 1: Warm up
8.00 - 9:30	Judges Meeting
9:45 - 9:55	Timed Warm Up for Rotation 1: Juniors 3 min. in groups of 9-9-8
9:57 - 10:00	Official Welcome
10:00 - 11:56	Rotation 1: Junior Flight A - B Hoop & Ball
10.15	Junior Rotation 2: Warm up
11:56 - 12:06	Timed Warm Up for Rotation 2: Juniors 3 min. in groups of 9-8-8
12:06 - 13.58	Rotation 2: Junior Flight C - D Hoop & Ball
13:58 - 14:50	Judges Lunch Break
13:30	Groups & Senior A-B Rotation 3 & 4: Warm up
14:35 - 14:50	Timed warm up for Rotation 3: Groups 2.5 min. per group
14:50 - 15:05	Rotation 3: Groups Jr. 3/4, Open, Jr. 5, Sr. 5
15:05 - 15:15	Timed warm up for Rotation 4: Seniors 3 min. in groups of 7-7-6
15.15-16.44	Rotation 4: Senior Flight A - B Hoop & Ball
16:20	Senior Rotation 5: Warm up
16.55 - 17:05	Timed warm up for Rotation 5: Seniors 3 min. in groups of 6-6-6
17.05 - 18:25	Rotation 5: Senior Flight C - D Hoop & Ball
18:25 - 19:30	Judges Dinner Break
18:15	Novice Rotation 6: Warm up
19:20 - 19:30	Timed warm up for Rotation 6: Novices 3 min. in groups of 6-6-5
19.30 - 20:46	Rotation 6: Novice A - B Free & Rope
Competition A	
Saturday February 3	
7:15	Gym opens - Junior Rotation 1: Warm up
8:00 - 8:40	Judges Meeting
8.50-9.00	Timed Warm Up for Rotation 1: Juniors 3 min. in groups of 9-9-8
9.00-10.56	Rotation 7: Junior Flight A - B Clubs & Ribbon
9:30	Junior Rotation 8: Warm up
10.56-11.06	Timed Warm Up for Rotation 8: Juniors 3 min. in groups of 9-8-8
11.06-12.52	Rotation 8: Junior Flight C - D Clubs & Ribbon

12.52-13.50	Judges Lunch Break
12:15	Groups & Senior A-B Rotation 9 & 10: Warm up
13.25 - 13:50	Timed Warm up for Rotation 9: Groups 2.5 min. per group
13.50-14.22	Rotation 9: Groups Nov. 3/4, Nov. 5, Jr. 3/4, Jr. 5, Open, Sr. 5
14:25 - 14:35	Timed Warm up for Rotation 10: Seniors 3 min. in groups of 7-7-6
14.35-16.04	Rotation 10: Senior Flight A - B Clubs and Ribbon
14:45	Senior C-D Rotation 11: Warm up
16:05 - 16:15	Timed Warm up for Rotation 5: Seniors 3 min. in groups of 6-6-6
16.15 - 17.35	Rotation 11: Senior Flight C - D Clubs & Ribbon
17.35-18.35	Judges Dinner Break
17:00	Novice Groups & Novice Rotation 12 & 13 Warm up
18:25 - 18:35	Timed Warm up for Rotation 12: Novice Groups 2.5 min. per group
18:35- 18:45	Rotation 12: Groups Novice 5 and Novice 3/4
18:45 - 18:56	Timed Warm up for Novice Rotation 13: Novice (2006) 3 min. in groups of 9 - 8
18:56 - 20:00	Rotation 13: Novice Flight A - B Ball & Clubs
20:20	Awards: AA Novice Individual & AA Groups with one routine
Competition B	Sunday February 4 - (Top 15 eligible gymnasts from Competition A)
7:15	Gym Opens - Junior Warm up
7:45 - 8:45	Judges Meeting
8:50 - 8:56	Timed Warm up - Junior Individual: 3 min. per group of 8 - 7
9:00 - 11:30	Junior AA & Apparatus Finals
11:30 - 11:45	Timed Warm up - Groups Nov. 5, Jr. 5, Sr. 5: 3 min. per group
11:45 - 12:00	Group Final - Novice and Performance 1 (Jr. 5 & Sr. 5)
12:00 - 13:00	Judges Lunch Break
12:50 - 13:00	Timed Warm up - Groups Jr. 5, Sr. 5
13:00 - 13:09	Group Final - Performance 2 (Jr. 5 & Sr. 5)
13:09 - 13:15	Timed Warm up - Senior Individual
13:15 - 15:45	Senior AA & Apparatus Finals
15:45 - 16:05	Gala (Final Scoring & Competition Close)
16:05 - 16:50	Awards: Jr. & Sr. Individual All Around & Apparatus Finals; Group AA & Finals
17:00 - 17:30	JR & NTD Briefing with 2018 HP gymnasts & coaches