

**2016 ELITE CANADA - MEN'S ARTISTIC GYMNASTICS
 PROVISIONAL SCHEDULE – OCTOBER 2015**

	<u>ACTIVITY</u>		<u>LOCATION</u>
Wed. 3	20:00	MPC Meeting	
Thu. 4	08:30 – 10:00	Junior & Senior Training	
	10:00 – 13:00	Novice Podium Training & <u>Physical Testing</u>	
	13:00 – 15:30	Junior Podium Training & <u>Physical Testing</u>	
	15:30 – 18:00	Senior Podium Training (MAG Judges recommended to attend)	
	18:30 – 19:00	Technical Meeting	
Fri. 5	08:30 – 9:30	Junior & Senior Training	
	09:30 – 11:00	Novice Warm up	
	11:00 – 13:30	Novice Competition (Optional)	
	13:30 - 15:00	Junior Warm up	
	15:00 - 17:30	Junior Competition + Award Ceremonies - All-Around	
	17:30 – 19:00	Senior Warm up	
	19:00 – 21:30	Senior Competition + Award Ceremonies – All-Around	
Sat. 6	09:00 – 10:30	Junior & Senior Training	
	10:30 – 12:00	Novice Warm up	
	12:00 – 14:30	Novice Competition (Compulsory) +Award Ceremonies	
	16:00 – 17:30	Junior & Senior Warm up (Apparatus Finals)	
	17:30 – 20:00	Junior & Senior AF Competition +Award Ceremonies	
Sun. 7	9:30 – 10:30	National Team Meeting	
	10:30 – 12:00	NTD Debrief of Worlds and the Rio 2016 plan	

2016 ELITE CANADA - WOMEN'S ARTISTIC GYMNASTICS
PROVISIONAL SCHEDULE – OCTOBER 2015

	<u>ACTIVITY</u>		<u>LOCATION</u>	
Thu. 4	08:45 – 09:15	Novice General Warm-up Group 1 (by club)		
	09:15 – 10:50	Novice Training Group 1		
	09:30 – 11:00	Judges' Briefing Session		
	10:50 – 11:20	Novice General Warm-up Group 2 (by club)		
	11:20 – 12:44	Novice Training Group 2		
	13:00 – 13:30	Technical Meeting	Venue Room – GAF/WAG	
	13:30 – 14:00	Junior/Senior General Warm-up Flight 1 Training		
	14:00 – 16:35	Junior/Senior Training Flight 1 Training		
	16:45 – 17:15	Junior/Senior General Warm-up Flight 2 Training		
	17:15 – 19:07	Junior/Senior Training Flight 2 Training		
	19:30 – 21:30	NTCC meeting – For coaches of NT Athletes with NTD	Venue Room – GAF/WAG	
	Fri. 5	07:45 – 8:15	Open Training Junior & Senior	
		8:15 – 9:15	Judges' Meeting	Venue Room – GAF/WAG
09:00 – 9:20		Novice Flight 1 General Warm-up		
9:30 – 12:00		Novice All-Around Day 1 Flight 1		
9:30 – 10:30		Meeting of the Junior and Senior NT Members (mandatory for athletes if at EC)	Venue Room GAM/MAG or #3	
12:00 – 12:20		Novice Flight 2 General Warm-up (on MAG Floor)		
12:30 – 15:00		Novice All-Around Day 1 Flight 2		
15:30 – 15:50		Senior General Warm-Up		
15:50 – 17:55		Senior Warm-Up		
16:30 – 17:30		Judges' Meeting		
18:00 – 21:30		Senior All-Around		
Sat. 6	09:00 – 10:30	Open training Senior (sign-up with floor manager by Friday, 15:30 – 20\$ per athlete if no show)		
	09:00 – 10:30	BJC Meeting	Venue Room – GAF/WAG	
	10:30 – 10:50	Junior General Warm-up		
	10:50 – 12:20	Junior Warm-up		
	11:30 – 12:30	Judges' Meeting	Venue Room – GAF/WAG	
	12:30 – 14:30	Junior All-Around		
	14:30	Junior AA Awards		
	15:30 – 16:30	Judges' Meeting	Venue Room – GAF/WAG	
	16:00 – 16:20	Novice General Warm-Up		
	16:30 – 20:00	Novice All Around Day 2		
	20:00	Novice Awards		
20:30 – 21:30	Open training Senior (sign-up with floor manager by Saturday at 10:30) – 20\$ per athlete if no show)			
Sun.7	9:30 – 10:50	Jr. & Sr. AF Warm-Up (open format)		
	10:00 – 11:00	Judges' Meeting	Venue Room – GAF/WAG	
	11:00 – 13:30	Junior & Senior Apparatus Finals		
	13:30	Junior & Senior Awards		