

Friday Night Orientation

Friday Night Orientation			
Round and NDP Level	Start Time	Finish Time	
Round 1 Gymnasts	Floor Warm Up	15:15	15:30
	Back Track	15:30	16:00
	Field of Play	16:00	16:45
Round 2 Gymnasts	Floor Warm Up	15:45	16:00
	Back Track	16:00	16:30
	Field of Play	16:30	17:15
Round 3 Gymnasts	Floor Warm Up	16:15	16:30
	Back Track	16:30	17:00
	Field of Play	17:00	17:45
Round 4 Gymnasts	Floor Warm Up	16:45	17:00
	Back Track	17:00	17:30
	Field of Play	17:30	18:15
Round 5 Gymnasts	Floor Warm Up	17:15	17:30
	Back Track	17:30	18:00
	Field of Play	18:00	18:45
Round 6 Gymnasts	Floor Warm Up	17:45	18:00
	Back Track	18:00	18:30
	Field of Play	18:30	19:15
Round 7 Gymnasts	Floor Warm Up	18:15	18:30
	Back Track	18:30	19:00
	Field of Play	19:00	19:45

Saturday Competition

Saturday Competition								
	Panel A Track 1		Panel B Track 1		Panel C Track 2		Panel D Track 2	
Round 1	NDP 1 Female 9-10 (1-10)		NDP 1 Female 11-12 (1-10)		NDP 2 Male 11-12 (1-10)		NDP 1 Male 9-10 (1-13)	
Floor Warm Up	09:15	09:30	09:15	09:30	09:15	09:30	09:15	09:30
Back Track Warm Up	09:30	09:55	09:30	09:55	09:30	09:55	09:30	09:55
March In	09:55	10:00	09:55	10:00	09:55	10:00	09:55	10:00
Compete	10:00	10:40	10:00	10:40	10:00	10:40	10:00	10:40
March Out	10:40	10:45	10:40	10:45	10:40	10:45	10:40	10:45
Round 2	NDP 1 Female 9-10 (9-20)		NDP 1 Female 11-12 (9-20)		NDP 2 Male 13+ (1-12)		NDP 1 Male 11-12 (1-9)	
Floor Warm Up	10:00	10:15	10:00	10:15	10:00	10:15	10:00	10:15
Back Track Warm Up	10:15	10:40	10:15	10:40	10:15	10:40	10:15	10:40
March In	10:40	10:45	10:40	10:45	10:40	10:45	10:40	10:45
Compete	10:45	11:15	10:45	11:15	10:45	11:15	10:45	11:15
March Out	11:15	11:20	11:15	11:20	11:15	11:20	11:15	11:20
Round 3	NDP 2 Female 9-10 (1-9)		NDP 2 Female 11-12 (1-9)		NDP 2 Female 13+ (1-9)		NDP 1 Male 11-12 (10-15)	
Floor Warm Up	10:35	10:50	10:35	10:50	10:35	10:50	10:35	10:50
Back Track Warm Up	10:50	11:15	10:50	11:15	10:50	11:15	10:50	11:15
March In	11:15	11:20	11:15	11:20	11:15	11:20	11:15	11:20
Compete	11:20	11:50	11:20	11:50	11:20	11:50	11:20	11:50
March Out	11:50	11:55	11:50	11:55	11:50	11:55	11:50	11:55
Round 4	NDP 2 Female 9-10 (10-18)		NDP 2 Female 11-12(10-19)		NDP 2 Female 13+ (10-19)		NDP 2 Male 9-10 (1-8)	
Floor Warm Up	11:10	11:25	11:10	11:25	11:10	11:25	11:10	11:25
Back Track Warm Up	11:25	11:50	11:25	11:50	11:25	11:50	11:25	11:50
March In	11:50	11:55	11:50	11:55	11:50	11:55	11:50	11:55
Compete	11:55	12:25	11:55	12:25	11:55	12:25	11:55	12:25
March Out	12:25	12:30	12:25	12:30	12:25	12:30	12:25	12:30
Lunch and Morning Presentation								
Round 5	NDP 3 Female 13-14 (1-10)		NDP 3 Female 15+ (1-10)		NDP 3 Male 11-12 (1-8)		NDP 3 Male 13-14 (1-7)	
Floor Warm Up	13:05	13:20	13:05	13:20	13:05	13:20	13:05	13:20
Back Track Warm Up	13:20	13:45	13:20	13:45	13:20	13:45	13:20	13:45
March In	13:45	13:50	13:45	13:50	13:45	13:50	13:45	13:50
Compete	13:50	14:20	13:50	14:20	13:50	14:20	13:50	14:20
March Out	14:20	14:25	14:20	14:25	14:20	14:25	14:20	14:25
Round 6	NDP 3 Female 13-14 (11-19)		NDP 3 Female 15+ (11-18)		NDP 3 Female 11-12 (1-10)		NDP 3 Male 13-14 (8-14)	
Floor Warm Up	13:40	13:55	13:40	13:55	13:40	13:55	13:40	13:55
Back Track Warm Up	13:55	14:20	13:55	14:20	13:55	14:20	13:55	14:20
March In	14:20	14:25	14:20	14:25	14:20	14:25	14:20	14:25
Compete	14:25	14:55	14:25	14:55	14:25	14:55	14:25	14:55
March Out	14:55	15:00	14:55	15:00	14:55	15:00	14:55	15:00
Round 7					NDP 3 Female 11-12 (11-19)		NDP 3 Male 15+ (1-7)	
Floor Warm Up					14:15	14:30	14:15	14:30
Back Track Warm Up					14:30	14:55	14:30	14:55
March In					14:55	15:00	14:55	15:00
Compete					15:00	15:30	15:00	15:30
March Out					15:30	15:35	15:30	15:35
Evening Presentation								

Saturday Night Orientation

Round and NDP Level		Start Time	Finish Time
Round 8 Gymnasts	Floor Warm Up	16:00	16:15
	Back Track	16:15	16:35
	Field of Play	16:35	17:05
Round 9 Gymnasts	Floor Warm Up	16:20	16:35
	Back Track	16:35	16:55
	Field of Play	16:55	17:25
Round 10 Gymnasts	Floor Warm Up	16:40	16:55
	Back Track	16:55	17:15
	Field of Play	17:15	17:45
Round 11 Gymnasts	Floor Warm Up	17:00	17:15
	Back Track	17:15	17:35
	Field of Play	17:35	18:05
Round 12 & 13 Gymnasts	Floor Warm Up	17:20	17:35
	Back Track	17:35	17:55
	Field of Play	17:55	18:25

Sunday Competition

	Panel A Track 1			Panel C Track 2		
Round 8	NDP 4 Female U13 (1-12)			NDP 4 Female +13 (1-10)		
Floor Warm Up	09:00	09:15		09:00	09:15	
Back Track Warm Up	09:15	09:40		09:15	09:40	
March In	09:40	09:45		09:40	09:45	
Compete	09:45	10:15		09:45	10:15	
March Out	10:15	10:20		10:15	10:20	
Round 9	NDP 5 Female 15+ (1-14)			NDP 4 Female +13 (11-19)		
Floor Warm Up	09:35	09:50		09:35	09:50	
Back Track Warm Up	09:50	10:15		09:50	10:15	
March In	10:15	10:20		10:15	10:20	
Compete	10:20	10:50		10:20	10:50	
March Out	10:50	10:55		10:50	10:55	
Round 10	NDP 4 Male U13 & +13 (1-2)(1-9)			FIG Dev +15 Female (1-9)		
Floor Warm Up	10:10	10:25		10:10	10:25	
Back Track Warm Up	10:25	10:50		10:25	10:50	
March In	10:50	10:55		10:50	10:55	
Compete	10:55	11:25		10:55	11:25	
March Out	11:25	11:30		11:25	11:30	
Round 11	FIG Dev 9-10 Female & Male (1-4)(1-3)			NDP 5 Female U13 (1-4), Male U13 (1), Male +13 (1-5)		
Floor Warm Up	10:45	11:00		10:45	11:00	
Back Track Warm Up	11:00	11:25		11:00	11:25	
March In	11:25	11:30		11:25	11:30	
Compete	11:30	12:00		11:30	12:00	
March Out	12:00	12:05		12:00	12:05	
Round 12	FIG Dev 13-14 Female & Male (1-5)(1-3)			FIG Dev 11-12 Female (1-7) & Male (1)		
Floor Warm Up	12:05	12:20		12:05	12:20	
Back Track Warm Up	12:20	12:45		12:20	12:45	
March In	12:45	12:50		12:45	12:50	
Compete	12:50	13:20		12:50	13:20	
March Out	13:20	13:25		13:20	13:25	
Round 13				FIG Dev +15 Male (1-6)		
Floor Warm Up				12:45	13:00	
Back Track Warm Up				13:00	13:20	
March In				13:20	13:25	
Compete				13:25	13:45	
March Out				13:45	13:50	

Evening Presentation