

FRIDAY MAY 10TH

FRIDAY MAY 10TH	WAG	MAG	TG	RG
9:00AM	Opening Training 9-11:30 JO 9 Nat, JO 10 & HP			
9:15AM				
11:30AM				

FRIDAY MAY 10TH	WAG	MAG	TG	RG	
SESSION 1	JO Level 3 2009 (34)		LEVEL 1-3 PRELIMS		
12:00PM	Warm Up		Run & Stretch		
12:15PM	March In		Level 1-3 Prelims 12:30-7:00pm		
12:30PM					
2:15PM	Session Complete				
2:30PM	Awards				
FRIDAY MAY 10TH	WAG	MAG			RG
SESSION 2	JO Level 3 2006 & older (14) & 2010 (22)				
2:15PM	Warm Up				
2:30PM	March In				
4:30PM	Session Complete				
4:45PM	Awards				
	SUPPER BREAK				
FRIDAY MAY 10TH	WAG				
SESSION 3	JO LEVEL 3 2007 (15) & 2008 (19)	Opening Training 4:45 - 8:00 P4 - Senior *Floor open from 4:45-6:00			
6:00PM	Warm Up				
6:15PM	March In				
7:00PM					
8:15PM	Session Complete			Open Training 7-9 - Lv 4 - Senior	
8:45PM	Awards				

SATURDAY MAY 11

SATURDAY MAY 11	WAG	MAG	TG	RG	
SESSION 4	JO 4 2007 & Older (16) & JO 5 (14)		LEVEL 1-3 FINALS		
8:00AM	Warm Up		Run & Stretch		
8:15AM	March In		Comp runs from 8:30-11:00		
8:30AM					
10:15AM	Session Complete				
10:30AM	Awards				
SATURDAY MAY 11	WAG				
SESSION 5	JO 4 2008 & younger (24)				Warm Up - on practice carpet
10:15AM	Warm Up				
10:30AM	March In				
11:00AM				LEVEL 1-3 SYNCHRO	
12:15PM	Session Complete			LEVEL -3 SYNCHRO	
12:30PM	Awards *After Welcome ceremonies		*awards to follow Welcome ceremonies		
12:20PM	WELCOME CEREMONIES - ALL DISCIPLINES - ALL ATHLETES WELCOME TO ATTEND				

SATURDAY MAY 11	WAG	MAG	TG	RG
SESSION 6	JO 9 (11) ,10 (10) , & HP (2)	P3-5, E 4 & 5, OPEN , JUNIOR, SENIOR	LEVEL 4-SENIOR	DAY 1 - LEVEL 2 - NAT
12:40PM	Warm Up	Warm Up	Run & Stretch	Timed Warm up Rotation 1
1:00PM	Competition	Competition	Competition runs from 1:00-4:00pm	Competition
				Timed Warm Up Rotation 2
				Competition
				Timed Warm Up Rotation 3
				Competition

SATURDAY MAY 11	WAG	MAG	TG	RG
SESSION 6	JO Level 7 (20) & 8 (13) & Aspire (2)	JO 5-6	SYNCHRO - Level 4-Senior	Rotation 3 - Group Timed Warm Up
4:00PM			Competition	Competition
4:20PM		Warm Up		
4:30PM	Warm Up			
4:50PM	March In	March In		

8:30pm Gym Sask Social

SUNDAY MAY 12

SUNDAY MAY 12	WAG	MAG	TG	RG
SESSION 7	JO 6 (45) All ages	JO 4	LEVEL 4 - SENIOR FINALS	DAY 2 - LEVEL 3 - NAT
8:00AM		Warm Up	Run & stretch	Warm Up on practice carpet
8:15AM	Warm Up			
8:30AM	March In	March In	March In	
9:30AM				Timed Warm Up - Rotation 4
9:45AM				Competition
10:25AM				Timed Warm Up - Rotation 5
10:40AM				Competition
12:00PM				