|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Friday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 2:00 | 4:00 | Open Training |  | All Procvincial/ National athletes | | | |
|  |  |  |  |  |  |  |  |
| 5:00 | 5:30 | Run & Stretch |  |  |  |  |  |
| 5:30 | 6:00 | Tumbling | Prelims | Level 3-5 | (10) |  |  |
| 6:00 | 6:30 | Tumbling | Finals | Level 3-5 | (10) |  |  |
| 6:30 | 7:00 | DMT | Prelims | Level 4 | (7) |  |  |
| 7:00 | 7:30 | DMT | Prelims | Level 5 & 6 | (8) |  |  |
| 7:30 | 8:00 | DMT | Finals | Level 4 | (7) |  |  |
| 8:00 | 8:30 | DMT | Finals | Level 5 & 6 | (8) |  |  |
| 8:30 | 9:00 | Trampoline | Prelims | Level 4 & 5 | (12) |  |  |
|  |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |
| 9:00 | 9:30 | Run & Stretch |  |  |  |  |  |
| 9:30 | 10:00 | Synchro | Prelims | Level 1 & 2 | (9) |  |  |
| 10:00 | 10:30 | Synchro | Prelims | Level 4 & 5 | (3) |  |  |
| 10:30 | 11:00 | Trampoline | Prelims | Level 1 | (11) |  |  |
| 11:00 | 11:30 | Trampoline | Prelims | Level 1 | (11) |  |  |
| 11:30 | 12:00 | Trampoline | Prelims | Level 2 | (8) |  |  |
| 12:00 | 12:30 | Trampoline | Prelims | Level 2 & 3 | (7) |  |  |
| 12:30 | 1:00 | Lunch |  |  |  |  |  |
| 1:00 | 1:30 | DMT | Prelims | Level 1 | (10) |  |  |
| 1:30 | 2:00 | DMT | Prelims | Level 1 | (10) |  |  |
| 2:00 | 2:30 | DMT | Prelims | Level 1 | (9) |  |  |
| 2:30 | 3:00 | DMT | Prelims | Level 2 & 3 | (9) |  |  |
| 3:00 | 3:30 | DMT | Finals | Level 1 | (10) |  |  |
| 3:30 | 4:00 | DMT | Finals | Level 2 & 3 | (9) |  |  |
| 4:00 | 4:20 | Tumbling | Prelims | Level 1 | (9) |  |  |
| 4:20 | 4:40 | Tumbling | Prelims | Level 1 | (9) |  |  |
| 4:40 | 5:00 | Tumbling | Prelims | Level 1 | (9) |  |  |
| 5:00 | 5:20 | Tumbling | Prelims | Level 1 & 2 | (9) |  |  |
|  |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |
| 9:00 | 9:30 | Run & Stretch |  |  |  |  |  |
| 9:30 |  | March in |  |  |  |  |  |
| 9:45 |  | Testing |  |  |  |  |  |
| Competition to follow | | |  |  |  |  |  |