

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		Level 4 & 5	(12)

Saturday

9:00	9:30	Run & Stretch			
9:30	10:00	Synchro		Level 1 & 2	(9)
10:00	10:30	Synchro		Level 4 & 5	(3)
10:30	11:00	Trampoline		Level 1	(11)
11:00	11:30	Trampoline		Level 1	(11)
11:30	12:00	Trampoline		Level 2	(8)
12:00	12:30	Trampoline		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		Level 1	(9)
4:20	4:40	Tumbling		Level 1	(9)
4:40	5:00	Tumbling		Level 1	(9)
5:00	5:20	Tumbling		Level 1 & 2	(9)

Sunday

FAST CAT

9:00	9:30	Run & Stretch
9:30		March in
9:45		Testing

Competition to follow