Time	Friday	Saturday		Sunday	
8:00 AM		Session 2 - WAG		Session 5A - MAG	
8:30 AM		Junior Olympic 3		Provincial Level 1-3	Session 5B - WAG
9:00 AM		Judges Meeting 7:45 AM		Judges Meeting 8:30 AM	Junior Olympic 6
9:30 AM		Warm-up 8:00 AM		Warm-up 8:00 AM	Junior Olympic 7 2004-2006
10:00 AM		March on 8:20 AM			Judges Meeting 8:15 AM
10:30 AM					Warm-up 8:30 AM
11:00 AM					March on 8:50 AM
11:30 AM		Session 3A - MAG		Session 6 - WAG	
12:00 PM		Provincial Level 4, 5		Aspire 1	
12:30 PM		Provincial Elite 3, 4	Session 3B - WAG	Junior Olympic 7 - 1997-2003	
1:00 PM	Open Training	National Novice, Open	Junior Olympic 2 2002-2006	Junior Olympic 8, 9, 10	
1:30 PM	Junior Olympic 8+	Junior	Judges Meeting 12:15 PM	Judges Meeting 11:15 AM	
2:00 PM	1:00 PM - 4:00 PM	Judges Meeting 12:30 PM	Warm-up 12:30 PM	Warm-up 11:30 AM	
2:30 PM		Warm-up 11:30 AM	March on 1:00 PM	March on 11:50 AM	
3:00 PM		March on 1:00 PM			
3:30 PM				Session 7 - WAG - Junior Olympic 1 2008-2009	
4:00 PM		Session 4A - MAG	Session 4B - WAG	Judges Meeting 3:30 PM	
4:30 PM		Powercat	Junior Olympic 2 2007-2009	Warm-up 3:45 PM	
5:00 PM	Session 1 - WAG	Judges Meeting 3:45 PM	Judges Meeting 3:45 PM	March on 4:00 PM	
5:30 PM	Junior Olympic 4, 5	Warm-up 4:00 PM	Warm-up 4:00 PM	Session 8 - WAG - Junior Olympic 1 2004-2007	
6:00 PM	Judges Meeting 4:45 PM	March on 4:25 PM	March on 4:25 PM	Judges Meeting 5:45 PM	
6:30 PM	Warm-up 5:00 PM			Warm-up 6:00 PM	
7:00 PM	March on 5:20 PM			March on 6:15 PM	
7:30 PM					