



**GENERAL PROGRAM**  
**FRIDAY - February 2, 2018**

**Level 3 (Group 1)**

Gym opens & Registration	7:45 am
Warm-up	8:00 am - 9:00 am
Time Warm-up	9:00 am - 9:10 pm
Competition	9: 15 am - 10:30 am

**Level 3 (Group 2)**

Gym opens & Registration	9:15 am
Warm-up	9:30 am - 10:30 am
Time Warm-up	10:30 am - 10:40 am
Competition	10: 45 am - 12:00 pm
Awards (Level 3)	12:00 pm - 12:30 pm
Judges Lunch	12:00 pm - 12:30 pm

**Xcel**

Open Gyms & Registration	11:15 am
Warm- up	11:30 am - 12:30 pm
Time Warm-up	12:30 pm - 12:40 pm
Competition	12:45 pm - 2:30 pm
Awards Xcel	2:30 pm - 3:00 pm

## **FRIDAY - February 2, 2018**

### **Level 4 (Group 1)**

Gym opens & Registration	1:45 pm
Warm- up	2:00 pm - 3:00 pm
Time Warm-up	3:00 pm - 3:10 pm
Competition	3:15 pm - 4:45 pm

### **Level 4 (Group 2)**

Gym opens & Registration	3:30 pm
Warm- up	3:45 pm - 4:45 pm
Time Warm-up	4:45 pm - 4:55 pm
Competition	5:00 pm - 6:30 pm
Awards	6:30 pm - 7:00 pm
Judges Dinner	6:30 pm - 7:00 pm

### **Level 5 (Child B/C – floor & hoop)**

Gym opens & Registration	5:45 pm
Warm - up	6:00 pm -7:00 pm
Time Warm - up	7:00 pm - 7:10 pm
Competition	7:15 pm - 9:15 pm

**SATURDAY – February 3, 2018**

**Level 5 (Child Jr A/B – floor & hoop)**

Gym opens & Registration	7:45 am
Warm-up	8:00 am – 9:00 am
Time Warm-up	9:00 am – 9:10 am
Competition	9:15 am – 11:15 am

**Level 5 (Child B/C –ball & clubs)**

Gym opens & Registration	10:00 am
Warm- up	10:15 am – 11:15 am
Competition	11:20 am – 1:20 pm
Opening Ceremony & Awards Level 5 (Child B/C)	1:20 pm – 1:50 pm
Judges Lunch	1:20 pm – 1:50 pm

**Level 6 – Group 1 (floor & rope)**

Gym opens & Registration	12:40 pm
Warm-up	12:50 pm – 1:50 pm
Time warm- up	1:50 pm – 1:55 pm
Competition	2:00 pm – 3:15 pm

**Level 6 – Group 2 (floor & rope)**

Gym opens & Registration	2:00 pm
Warm-up	2:15 pm – 3:15 pm
Time warm- up	3:15 pm – 3:20 pm
Competition	3:25 pm – 4:40 pm

**SATURDAY - February 3, 2018**

**Level 7 (floor & hoop)**

Gym opens & Registration	3:00 pm
Warm- up	3:10 pm - 4:40 pm
Time Warm-up	4:40 pm - 4:45 pm
Competition	4:50 pm - 6:20 pm
Judges Lunch	6:20 pm - 6:50 pm

**Level 8 (floor & rope)**

Gym opens & Registration	5:10 pm
Warm- up	5:20 pm - 6:50 pm
Time Warm-up	6:50 pm - 6:55 pm
Competition	7:00 pm - 8:15 pm

**Level 9 & 10 (hoop & ball)**

Gym opens & Registration	6:35 pm
Warm-up	6:45 - 8:15 pm
Time Warm-up	8:15 pm - 8:20 pm
Competition	8:25 pm - 9:45 pm

**SUNDAY – February 4, 2018**

**Level 6 – Group 1 (hoop & ribbon)**

Open Gyms & Registration	7:45 am
Warm- up	8:00 am - 9:00 am
Competition	9:00 am - 10:15 am

**Level 6 – Group 2 (hoop & ribbon)**

Open Gyms & Registration	9:00 am
Warm- up	9:15 am - 10:15 am
Competition	10:15 am - 11:30 am
Awards (Level 6)	11:30 am - 12:00 pm

**Level 7 (ball & clubs)**

Gym opens & Registration	10:15 pm
Warm- up	10:30 pm - 12:00 pm
Competition	12:00 pm - 1:30 pm
Awards (Level 7)	1:30 pm - 2:00 pm
Judges Lunch	1:30 pm - 2:00 pm

**Level 5 (Jr A/B ball & clubs)**

Gym opens & Registration	12:45 am
Warm-up	1:00 pm - 2:00 pm
Competition	2:00 pm - 4:00 pm
Awards Level 5	4:00 pm - 4:30 pm

**SUNDAY – February 4, 2018**

**Level 9 & 10 (clubs & ribbon)**

Gym opens & Registration	2:45 pm
Warm - up	3:00 pm - 4:30 pm
Competition	4:30 pm - 6:00 pm
Awards	6:00 pm - 6:30 pm
Judges Dinner	6:30 pm - 7:00 pm

**Level 8 (ball & ribbon)**

Gym opens & Registration	5:15 pm
Warm- up	5:30 pm - 7:00 pm
Competition	7:00 pm - 8:15 pm
Awards	8:15 pm - 8:45 pm