



GYMNASTICS
North Peace Secondary
 9304 86 St. Fort St. John



Thursday, February 20

Start	End	Event
Session 1: WAG - Training (General warm-up 20 minutes, then 20 minutes per rotation)		
9:15 AM	9:35 AM	General Warm-up
9:35 AM	10:55 AM	Training
Session 2: WAG - Training (General warm-up 20 minutes, then 20 minutes per rotation)		
11:05 AM	11:25 AM	General Warm-up
11:25 AM	12:45 PM	Training
1:00 PM	1:30 PM	Zone Team Photos - All WAG & MAG
Session 3: MAG - Training (All MAG Athletes)		
1:45 PM	2:05 PM	General Warm-up
2:05 PM	3:45 PM	Open Training

FRIDAY, FEBRUARY 21

Start	End	Event
Session 1: WAG – Team and All Around Competition – JO 7		
8:30 AM		Judges' Meeting
8:55 AM		Coaches' Meeting
9:10 AM	9:25 AM	General Warm-up
9:30 AM	12:00 PM	March-in and Competition
Session 2: WAG – Team and All Around Competition – JO 8		
12:30 PM		Coaches' Meeting
12:40 PM	12:55 PM	General Warm-up
1:00 PM	3:30 PM	March-in and Competition
3:30 PM		Coaches' Meeting to confirm finalist
3:40 PM	4:00 PM	WAG Team and All Around Medal Presentations
Session 3: MAG – Team and All Around Competition		
4:00 PM		Judges' Meeting
4:15 PM		Coaches' Meeting
4:30 PM	4:55 PM	General Warm-up
5:00 PM	8:30 PM	March-in and Competition
8:00 PM		Coaches' Meeting to confirm finalist
8:30 PM	8:45 PM	MAG Team and All Around Medal Presentations



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SATURDAY, FEBRUARY 22

Start	End	Event
Session 4: WAG Apparatus Finals (V, FX) MAG Apparatus Finals (PB, Rings, HB)		
9:00 AM		Coaches' meeting
9:00 AM		Judges' meeting
9:00 AM	9:25 AM	MAG and WAG General Warm-up
9:30 AM	11:30 AM	March-in and competition
Session 5: WAG Apparatus Finals (UB, BB) MAG Apparatus Finals (FX, V, PH)		
1:00 PM	1:25 PM	MAG and WAG General Warm-up
1:30 PM	3:30 PM	March-in and competition
3:30 PM	4:00 PM	MAG and WAG Medal Presentations