



RHYTHMIC GYMNASTICS

Duncan Cran Elementary

8130 89 Ave, Fort St. John



THURSDAY, FEBRUARY 20

Start	End	Event
9:00 AM	11:00 AM	Gym Set Up
1:00 PM	4:30 PM	Podium training
3:00 PM	4:00 PM	Officials, coaches, and volunteers meeting

FRIDAY, FEBRUARY 21

Start	End	Event
9:30 AM		Gym open for PS levels practice
10:30 AM	10:45 AM	Judges meeting
10:30 AM	10:45 AM	Timed warm-up - Provincial Stream - Individual
10:45 AM	11:45 AM	Rotation 1 - Provincial Stream - Individual - Free and Rope
12:30 PM	12:45 PM	Timed warm-up - Western Stream and National Stream - Individual
12:45 PM	1:55 PM	Rotation 2 - Western Stream and National Stream - Individual - Free and Rope
1:55 PM	2:20 PM	Timed warm-up - Groups
2:20 PM	3:15 PM	Rotation 3 - Groups Pre One
3:15 PM		Competition Ends

SATURDAY, FEBRUARY 22

Start	End	Event
9:30 AM		Gym open
10:30 AM	10:45 AM	Judges meeting
10:15 AM	10:45 AM	Timed warm-up - Provincial, Western and National Streams
10:45 AM	12:00 PM	Rotation 1 - Provincial Ball, Western Ball and National streams Choice
12:30 PM	1:00 PM	Time warm-up - Groups
1:00 PM	1:30 PM	Rotation 2 - Groups Pre Two
2:00 PM	2:30 PM	Medal Presentations