

BC Provincial Championships
National Stream & Western Stream Individuals & Groups
Creekside Community Center, Vancouver
April 6-7, 2013
SCHEDULE

Time	Event
Saturday, April 6	
07:30 -	Gym open - practice carpet ready for stretching
08:45 - 09:00	Timed warm-ups on competition carpet for Level 3B
08:30 - 09:00	Judges' meeting
Rotation 1	
09:00 - 09:42	Level 3B - Free
09:42 - 10:25	Level 3B - Rope
10:25 - 10:35	<i>BREAK</i> – Timed warm-ups for Levels 3B Ball , 4A, 4B and 4C- Free
Rotation 2	
10:35 - 11:17	Level 3B - Ball
11:17 - 12:15	Level 4A, 4B, 4C – Free
12:15 - 12:55	<i>LUNCH</i> – Opening Ceremony & Awards for 3B
12:45 - 12:55	Timed warm-ups for Levels 4A, 4B and 4C- Hoop and Ball
Rotation 3	
12:55 - 13:52	Level 4A, 4B, 4C – Hoop
13:52 - 14:50	Level 4A, 4B, 4C – Ball
14:50 - 15:00	<i>BREAK</i> - Timed warm-ups for Levels 5A, 5B and 5C
Rotation 4	
15:00 - 16:00	Level 5A, 5B, 5C – Routine 1
16:00 - 17:00	Level 5A, 5B, 5C – Routine 2
17:00 - 17:10	<i>BREAK</i>
17:10 - 18:10	Level 5A, 5B, 5C – Routine 3
18:10 - 18:40	<i>DINNER</i> – Awards for Levels 4 & 5
18:25 - 18:40	Timed warm-ups for Levels 6B, 6C and PS & NS Groups
Rotation 5	
18:40 - 19:10	Level 6B, 6C & PS & NS Groups – Routine 1
19:10 - 19:40	Level 6B, 6C & PS & NS Groups – Routine 2
19:40 - 19:50	Level 6B, 6C – Routine 3
19:50 - 20:00	<i>AWARDS</i> for Levels 6 & Groups
20:00 - 20:15	Tidying up & preparing for Day 2

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Time	Event
Sunday, April 7	
07:30 -	Gym open - practice carpet ready for stretching
08:45 - 09:00	Timed warm-ups Levels 7 Pre- Novice and 8 Novice competition carpet
08:30 - 09:00	Judges' meeting
Rotation 1	
09:00 - 09:57	Levels 7 & 8 - Pre-Novice & Novice, Routine 1
09:57 - 10:55	Levels 7 & 8 - Pre-Novice & Novice, Routine 2
10:55 - 11:05	<i>BREAK</i> - Timed warm-ups Levels 7 Pre- Novice and 8 Novice competition carpet
Rotation 2	
11:05 - 12:02	Levels 7 & 8 - Pre-Novice & Novice, Routine 3
12:02 - 12:42	Levels 8 – Novice, Routine 4
12:42 - 13:25	<i>LUNCH</i> – Awards for Pre-Novice & Novice
13:15 - 13:25	Timed warm-ups Levels 9 - Junior & Senior and Level 10 – Senior Hoop and Ball
Rotation 3	
13:25 - 14:40	Levels 9 - Junior & Senior and Level 10 - Senior, Hoop
14:40 - 15:55	Levels 9 - Junior & Senior and Level 10 - Senior, Ball
15:55 - 16:05	<i>BREAK</i> - Timed warm-ups Levels 9 - Junior & Senior and Level 10 – Senior Clubs and Ribbon
Rotation 4	
16:05 - 17:20	Levels 9 - Junior & Senior and Level 10 - Senior, Routine 3
17:20 - 18:35	Levels 9 - Junior & Senior and Level 10 - Senior, Routine 4
18:35 - 18:55	AWARDS for Junior & Senior
18:55 - 19:40	Take-down and clean-up