



2015 CANADIAN RHYTHMIC GYMNASTICS CHAMPIONSHIPS

THURSDAY MAY 21

09:00 – 05:50	Warm Up & Podium Training Official Judges Podium Observation 2:00 – 4:00
05:00 – 07:00	CC 2015 Judges Course/Meeting
07:00 – 07:30	CC 2015 Event Technical Meeting
07:30 – 09:00	Reception

FRIDAY MAY 22

07:30	Gym Opens
08:00 – 09:00	Judges Meeting
09:00 – 09:15	<i>Timed Warm Ups-Novice (3 min. each gr of 7)</i>
09:15 – 09:20	Official Welcome
09:20 – 11:30	National Novice Competition – Free & Rope
11:30 – 12:30	<i>Lunch Break</i>
12:00– 12:30	<i>Timed Warm Ups -Group (3 min. each) National Junior (3 min. each gr of 6)</i>
12:30 – 12:45	Group Competition A – Novice Ball, Junior Ribbons, Senior Ribbons
12:45 – 03:00	National Junior Competition A – Rope & Hoop
03:00 – 03:15	<i>Timed Warm Ups-HP Junior (3 min. gr of 5)</i>
03:15 – 04:15	High Performance Junior Competition A – Rope & Hoop
04:15 – 05:30	<i>Dinner Break</i>
05:15 – 05:30	<i>Timed Warm Ups – National Senior(3 min. gr of 5)</i>
05:30 – 06:30	National Senior Competition A – Hoop & Ball
06:30 – 06:45	<i>Break – Timed Warm Ups – HP Senior (3 min. gr of 5)</i>
06:45 – 08:00	High Performance Senior Competition A – Hoop & Ball
08:00 – 09:00	Brevet Judges Meeting/JDWG

SATURDAY MAY 23

07:30	Gym Opens
08:00 – 09:00	Judges Meeting
08:45 – 09:00	<i>Timed Warm Ups-Novice (3 min. each gr of 7)</i>
09:00 – 11:15	National Novice Competition – Hoop & Ball
11:15 – 11:30	National Novice AA & Apparatus Awards Presentation
11:30 – 12:30	<i>Lunch Break</i>
12:00– 12:30	<i>Timed Warm Ups -Group (3 min. each) National Junior (3 min.gr of 6)</i>
12:30 – 12:45	Group Competition A – Novice Ball, Junior Ball, Senior Clubs & Hoops
12:45 – 03:00	National Junior Competition A – Ball & Clubs
03:00 – 03:15	<i>Break – Timed Warm Ups-HP Junior (3 min. gr of 5)</i>
03:15 – 04:15	High Performance Junior Competition A– Ball & Clubs
04:30 – 04:45	Awards - National Novice Group,National & High Performance Junior Individual Qualification – Announcement of the top 15 advancing to Competition B
04:45 – 05:30	<i>Dinner Break</i>
05:15 – 05:30	<i>Timed Warm Ups – National Senior(3 min. gr of 5)</i>
05:30 – 06:30	National Senior Competition A – Clubs & Ribbon



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06:30 – 06:45	<i>Break – Timed Warm Ups – HP Senior (3 min. gr of 5)</i>
06:45 – 08:00	High Performance Senior Competition A – Clubs & Ribbon
08:00 – 08:15	Awards - National & High Performance Senior Individual Qualification
	Announcement of the top 15 advancing to Competition B
08:15 – 09:00	NTCC Meeting

SUNDAY MAY 24

07:30	Gym Opens
08:00 – 08:45	Judges Meeting
08:45 – 09:00	<i>Timed Warm Ups - Junior (6 min. per gr of 5)</i>
09:00 – 11:15	Junior Individual Competition B- 4 apparatus
11:15 – 12:00	<i>Lunch Break</i>
11:40 – 12:00	<i>Timed Warm Ups – Group 3 min. & Senior (6 min. per gr of 5)</i>
12:00 – 12:10	Group Competition B – Junior Ribbon
12:10 – 02:20	Senior Individual Competition B – 4 apparatus
02:20 – 02:30	<i>Timed Warm Ups – Group 3 min. each</i>
02:30 – 02:40	Group Competition B – Junior Ball
02:40 – 03:15	Awards - National Junior Group Junior Apparatus Final & Junior AA Senior Apparatus Final & Senior AA Awards Special Awards: Miss Elegance International Athlete, Coach and Judge Recognition Junior Athlete of the Year Senior Athlete of the Year International Coach of the Year GCG RG Coach of the Year Provincial Team Award Aeon Cup – Club Announcement
03:15 – 04:00	NT Meeting for Coaches of the top 3 NT members and FISU members