



# **2010 Canadian Linen & Uniform Service BC Gymnastics Championships April 9-11, 2010, Langley, BC**

## **Artistic Gymnastics Schedule (March 24, 2010)**

### **THURSDAY APRIL 8, 2010**

- 16:30 - 18:30 Provincial Advisory Committee Meeting (Langley Gym Meeting Rooms - 2nd Floor)  
19:00 - 19:30 WAG: Coaches' Competition Technical Meeting (Langley Gym Meeting Rooms - 2nd Floor)  
19:30 - 22:30 WAG: Technical Assembly (Langley Gym Meeting Rooms - 2nd Floor)

### **FRIDAY APRIL 9, 2010 - SESSION 1**

- 7:45 Arrival of athletes (1st FLIGHT)**  
Group A: WAG - P2 Argo (24) (1st flight)  
Group B: WAG - P2 Tyro (24) (1st flight)
- 7:55** Warm up in training gym  
General: 20 min; Timed warm up: 10 min per event / 40 min
- 8:30 Judges Meeting  
9:00 Competition  
10:45 End of competition
- 9:15 Arrival of athletes (2nd FLIGHT)**  
Group A: WAG - P2 Argo (24) (2nd flight)  
Group B: WAG - P2 Tyro (24) (2nd flight)
- 9:45 Warm up in training gym  
General: 20 min; Timed warm up: 10 min per event / 40 min
- 10:50 Competition  
12:30 End of competition
- 13:00 Award presentation

### **FRIDAY APRIL 9, 2010 - SESSION 2**

- 12:00 Arrival of athletes (1st FLIGHT)**  
Group A: WAG - P2 Novice (24) (1st flight)  
Group B: WAG - P3 Tyro (27) (1st flight)
- 12:35 Warm up in training gym  
General: 20 min; Timed warm up: 10 min per event / 40 min
- 13:15 Judges Meeting  
13:45 Competition  
15:30 End of competition
- 14:00 Arrival of athletes (2nd FLIGHT)**  
Group A: WAG - P2 Novice (24) (2nd flight)  
Group B: WAG - P3 Tyro (27) (2nd flight)
- 14:30 Warm up in training gym  
General: 20 min; Timed warm up: 10 min per event / 40 min
- 15:40 Competition  
17:30 End of competition  
18:00 Award presentation

### FRIDAY APRIL 9, 2010 - SESSION 3

- 17:00**            **Arrival of athletes (1 FLIGHT ONLY)**  
                         **Group A: WAG - P2 Open (28)**  
                         **Group B: WAG - P3 Open (30)**
- 17:30            Warm up in training gym  
                         General: 20 min; Timed warm up: 10 min per event / 40 min
- 18:10            Judges Meeting
- 18:40            Competition
- 20:30            End of competition
- 20:30            Official Gymnastics BC 2010 BC Champs Opening Ceremonies
- 20:45            Award presentation

### SATURDAY APRIL 10, 2010 - SESSION 4

- 7:45**            **Arrival of athletes (1st FLIGHT)**  
                         **Group A: WAG – P3 Novice (22)**  
                         **Group B: WAG – P4 Argo/Tyro (16), P3 Argo (10)**
- 7:55            Warm up in training gym  
                         General: 20 min; Timed warm up: 10 min per event / 40 min
- 8:30            Judges Meeting
- 9:00            Competition
- 11:00            End of competition
- 11:30            Award presentation (P4 Argo/Tyro, P3 Argo)
- 9:45**            **Arrival of athletes (2nd FLIGHT)**  
                         **Group A: WAG – P3 Novice (22) (2nd flight)**  
                         **Group B: WAG – P4 Open (18) (2nd flight)**
- 10:05            Warm up in training gym  
                         General: 20 min; Timed warm up: 10 min per event / 40 min
- 11:15            Competition
- 12:30            End of competition
- 13:00            Award presentation

### SATURDAY APRIL 10, 2010 - SESSION 5

- 12:00**            **Arrival of MAG athletes**  
                         **MAG - HP Categories (40), Open (8)**
- 12:25            Warm up for MAG athletes - 90 minute Open warm up  
                         General warm up will start in the training gym and move to the competition gym once the competition is over. The floor will not be available for warm up after 13:25
- 13:00**            **Arrival of WAG athletes**  
                         **WAG - National/HP Novice (13), Pre-Novice (22)**
- 13:25            General warm up for WAG athletes – 30 min
- 13:30            Judges Meeting
- 14:00            Competition
- 16:30            End of competition
- 17:00            Award presentation

## SATURDAY APRIL 10, 2010 - SESSION 6

- 16:15**            **Arrival of MAG athletes**  
                         **MAG - Level 3 (35), Level 4 (12)**
- 17:00            Warm up for MAG athletes - 90 minute Open warm up  
                         General warm up will start in the training gym and move to the competition gym once the competition is over. The floor will not be available for warm up after 17:55.
- 17:30**            **Arrival of WAG athletes**  
                         **WAG – National Open (20)**
- 17:55            General warm up for WAG athletes – 30 min
- 18:00            Judges Meeting
- 18:30            Competition
- 20:30            End of competition
- 20:45            Award presentation
- 19:30 - 22:30**    **“Beat Board Bash” - Athlete Social**  
                         Tickets for the Athlete Social were included as part of the registration. All Athletes, all ages welcome!  
                         Athletes competing in Session 6 can attend, even if they arrive late
- 20:30**            **MAG Coaches and Judges Assembly (Langley Gym Meeting Rooms - 2nd Floor)**
- 20:30**            **WAG Judges’ Assembly (Langley Gym Meeting Rooms - 2nd Floor)**
- 21:00**            **Coaches and Judges Social**

## SUNDAY APRIL 11, 2010 - SESSION 7

- 7:50**            **Arrival of MAG and WAG athletes**  
                         **WAG – P4 Novice (24), P5 Novice (15)**  
                         **MAG - Level 1 (36), Level 2 (9)**
- 8:00            General warm up MAG and WAG athletes
- 8:30            Judges Meeting
- 8:30            Competition
- 11:30            End of competition
- 11:45            Award presentation

## SUNDAY APRIL 11, 2010 - SESSION 8

- 12:00**            **Arrival of MAG athletes**  
                         **MAG - HP Argo, Tyro - Day 2; Youth (7)**
- 12:30            MAG Warm up: Athletes will start warm up in training gym and move to competition gym once the award presentation is over. 90 minutes open warm up. The floor will not be available for warm up after 13:30.
- 13:00**            **Arrival of WAG athletes**  
                         **P5 Open (24), P5 Tyro (5)**
- 13:30            WAG Warm up in competition gym
- 13:30            Judges Meeting
- 14:00            Competition
- 16:30            End of competition
- 16:45            Award presentation