Gym Power ICE - 2019 Schedule (FINAL) V1.7

REV. 1.7 RGM

	Thursday-10 Jan 2019			Friday-11 January 2019			Saturday-12 January 2019			Sunday-13 January 2019		
	RG	WAG	MAG	RG	WAG	MAG	RG	WAG	MAG	RG	WAG	MAG
730				Athlete Check-In	Athlete Check-In		Athlete Check-In	Athlete Check-In		Athlete Check-In	Athlete Check-In	
745				*Session R1*			*Session R4*			*Session R7*		
800				*Warmup 7:30am-8:30am*	**Session W1**		8:30am-12:00am	**Session W4**	**Session M4**	8:30am-11:30am	**Session W9**	
815				*Competition 8:30am-12:00am* **Interclub 1-4 Individual & Groups**	*Warmup 8:00-8:15am*		**Provincial 3B, 4B, 5A, 6A**	*Warmup 8:00-8:15am*	*Warmup (No Eqp) 8:00-8:20am*	**Provincial**	*Warmup 8:00-8:15am*	
830					*Competition 8:25-11:30am*			*Competition 8:25-11:00am*	*Competition 8:30-11:00am*	**3B, 4B, 5ABC, 6ABC**	*Competition 8:25-10:00am*	
845									*10-15 minute Event Warmup*		**JO Level 1**	
900					**JO Level 6**			**JO Level 7**	**P1**		**JO Level 2**	
915					**(2007-2011)**				**Elite 1**			
930								**66**			**62**	
945					**67**				**34**			
1000												
1015											**AWARDS**	
1030												
1045											**Session W10**	
1100								**AWARDS**	**AWARDS**		*Warmup 10:45-11:00am*	
1115											*Competition 11:10-1:00pm*	
1130	GYM SET-UP				**AWARDS**			**Session W5**	**Session M5**			
1145								*Warmup 11:30-11:45am*	*Warmup (No Eqp) 12:00-12:20pm*		**JO Level 3**	
1200				*Session R2*	**Session W2**		*Session R5*	*Competition 11:55-3:00pm*	*Competition 12:30-3:30pm*	*Session R8*		
1215				12:00pm-4:00pm **Interclub 4-6 Individual / Provincial 1B, 2ABC**	*Warmup 12:00-12:15am*		12:00pm-4:00pm		*10-15 minute Event Warmup*	12:00pm-2:00pm	**59**	
1230					*Competition 12:25-3:00pm*		**Provincial 5BC, 6BC**	**JO Level 8**	**P2**	**Provincial** **3C, 4C, National Novice, Junior, Senior**		
1245									**Elite 2**			
100					**JO Level 6**				**P3**			
115					**(2002-2006)**				**Elite 3**		**AWARDS**	
130											**Session W11**	
145					**45**			**46**	**21**		*Warmup 1:30pm-1:45pm*	
200										**Session R9**	*Competition 1:55-4:15pm*	
215										*2:00pm-4:00pm*		
230										**Provincial & National**	**JO Level 4**	
245						**Session M1**					**JO Level 5**	
300						*Warmup 2:50pm-4:20pm*		**AWARDS**	**AWARDS**			
315					**AWARDS**	*90 min*					**84**	
330									**Session M6** (Event Finals)			
345									*Warmup 3:30pm-5:00pm*			
400				*Session R3*	**Session W4**		*Session R3*		*90 min*	**AWARDS**		
415				4:00pm-8:00pm	*Warmup 4:00-4:20pm*		4:00pm-8:00pm					
430				**Provincial 1B, 2ABC, 3A, 4A**	*Competition 4:30-7:30pm*	*Competition 4:30-8:00pm*	**Provincial 3C, 4C, National Novice, Junior, Senior**				**AWARDS**	
445								**Session W8** (Event Finals)				
500					**JO 10**	**Senior**		*Warmup 4:40-5:00pm*				
515					**JO 9**	**Junior**		*Competition 5:10-8:30pm*	*Competition 5:10-8:30pm*			
530					**HP- Senior, Novice**	**National Open**						
545					**CWG**	**P4**		**JO 10**	**Senior**			
600					**Aspire 1**	**Elite 4**		**JO 9**	**Junior**			
615					**Aspire 2**	**P5**		**HP**	**National Open**			
630	**RG**	**PODIUM TRAINING**			**71**	**CWG**			**CWG**			
645	**PODIUM TRAINING**	6:30pm-8:30pm						**EVENT FINALS**	**EVENTY FINALS**			
700	4:00pm-6:00pm	WAG, MAG										
715		(If desired)				**35**					GYM TAKE DOWN	
730		By Request			**AWARDS**							
745												
800					AWARD AA FOR ONLY 9 & 10	**AWARDS**						
815												
830						AWARD AA FOR SEN JR		**AWARDS**	**AWARDS**			
845												
900					WAG	MAG						
915					JO 10	Senior, Jr., Opens						
930					JO9, 10 for Finals							
945					top 8	top 4						