



2019 Eastern Canadian Gymnastics Championships

Final Schedule

WAG

Friday May 10, 2019					
	Session 1	Session 2	Session 3	Session 4	Session 5
Levels	Tyro 7	Novice 7	Open 7 – Aspire 1	Tyro & Open 8	JO 10 (all)
Warm Up	8:00-8:20	10:10-10:30	12:20-12:40	15:15-15:25	18:00-18:20
Competition	8:20-10:05	10:30-12:15	12:40-15:10	15:25-17:55	18:20-20:30

Saturday May 11, 2019			
	Session 6	Session 7	Session 8
Levels	Novice 8-Aspire 2	Tyro & Novice 9	Open 9
Warm Up	8:00-8:20	10:35-10:55	13:10-13:30
Competition	8:20-10:30	10:55-13:05	13:30-15:15

MAG

Friday May 10, 2019			
	Session 1	Session 2	Session 3
Levels	Elite 3 & 4	Level 4 (all)	Level 5
Warm Up	8:00-8:20	12:00-12:20	16:00-16:20
Competition	8:20-11:30	12:20-15:30	16:20- 19:30

Saturday May 11, 2019		
	Session 4	Session 5
Levels	Level 3 (13+)	Level 3 (13+)
Warm Up	8:00-8:20	12:00-12:20
Competition	8:20-11:30	12:20-15:30

*All awards ceremonies will take place in the Veterans Convention Center on the main floor of the Credit Union Place immediately after the completion of each session.