

Friday, Feb. 26, 2010

Training Camp –All Provincial WAG coaches, judges, athletes

5:00-8:00 Zone 2 Open Gym Training Camp

Saturday, Feb. 27, 2010

Session #1 - Provincial Level 1 – All (40)

8:00-8:30am – Warm-Up

8:30am-12:00pm – Competition and Awards

Session #2 – Provincial Level 2 – All (P2 Trials to BC Champs) (30)

12:30-1:00pm – Warm-Up

1:00-4:00pm – Competition and Awards

Session #3 – Provincial Level 3, 4, NPN – All (20) and KIP (5)

4:30-5:00pm – Warm-Up

5:00-7:00pm – Competition and Awards

Sunday, Feb. 28, 2010

Session #1 – Interclub (40)

8:30am-9:00am – Warm-Up

9:00-11:30am – Adjudication and Certificates

Trampoline

8:00-9:00am – Warm-Up

9:15-11:00am Block 1 Double Mini

11:00-11:45am – Athlete Lunch

Session #2 – Gymstart Physical Abilities & Zone 2 Physical Abilities Testing

11:30-12:00pm – Warm-Up

12:00-2:00pm – Physical Testing

11:45-1:30pm – Block 2 Trampoline

2:00-2:30pm – Comp Synchro Demo

2:00-2:30 – Snack

2:30 – Awards

Session #3 – Gymstart Skills

2:30-3:00pm – Warm-up

3:00-5:00pm - Testing