

1st Ontario Cup for Acrobatic Gymnastics

Competition Schedule

Time	Duration	Event	Flight #	Gender/Pair/Group	Level 4	Age Category	Bal/Dyn	Names	Club
8:30-8:50	20min	General Stretch Warm Up	Flight 1	1	Women's Pair	Level 4	11 & Under	Ally Swanepol/Kathryn Engel	Oakville
		Main Floor & Back Floor		2	Women's Pair	Level 4	11 & Under	Katrina Pronesti/Olivia Kipp	Mississauga
8:50-9:15	25min	Specific Warm Up		3	Women's Pair	Level 4	11 & Under	Mai Lee Ngo/Ashlee Chan	Mississauga
		Main Floor		4	Women's Pair	Level 4	12-14	Alicia Bannon/Hope Gumbley	Gymnastes de l'Ile
9:15-9:20	5min	Welcome National Anthem		5	Women's Pair	Level 4	12-14	Domla Tso Guibeault/Laurie O'Neil	ITECQ
9:20-9:50	30min	Compete		6	Women's Pair	Level 4	12-14	Angelina Brajovic/Maya Santos	Mississauga
9:20-9:50	30min	General Stretch Warm Up	Flight 2	7	Women's Group	Level 4	11 & Under	Leah LeBlanc/Karen Soliman/Auva Zarandi	Oakville
		Back Floor		8	Women's Group	Level 4	12-14	Maryne Le Coadou/Kamwel Desire/Hope Gumbley	Gymnastes de l'Ile
9:50-10:15	25min	Specific Warm Up		9	Women's Group	Level 4	12-14	Kayla Michalakos/Jenna Stratigos	Mississauga
		Main Floor		10	Women's Pair	Level 5	11 & Under	Teanna Paris/Julia Booth	Oakville
10:15-10:45	30min	Compete		11	Women's Pair	Level 5	12-14	Natalie Pacheco/Kiana Wilson	Oakville
				12	Women's Pair	Level 5	12-14	Daphe Ayotte/Christy Mont-Louis	Gymnastes de l'Ile
10:15-10:45	30min	General Stretch Warm Up	Flight 3	13	Mixed Pair	Level 5	15-16	Dolma Tso Guibeault/Mathieu Lamontagne	ITECQ
		Back Floor		14	Women's Group	Level 5	11 & Under	Claire Wald/Mackenzie Hodson/Elizabeth Karam	Oakville
10:45-11:15	30min	Specific Warm Up		15	Women's Group	Level 5	12-14	Marie Kowdrysh/Malak Sharif/Elizabeth Benakopolous	Mississauga
		Main Floor		16	Women's Group	Level 6	12-14	Ashley Van Spankeren/Claire Kotkas/Lauren Bourgeois	Calgary
11:15-11:50	35min	Compete		17	Women's Group	Level 6	15-16	Anna Wilson/Sophie Lake/Brenna Tessier	Oakville
				18	Women's Group	Level 6	15-16	Emma Shemko/Kaitlin Attard/Ally Maurice	Oakville
			19	Women's Group	Level 6	15-16	Sarah Ensell/Taylor Saunders/Elle Schoustal	Mississauga	

11:50-12:30 Awards Flights 1-3

March In the Clubs

Awards to be presented in competition attire

12:30-1:00 Lunch Break

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12:50-1:20	30min	General Stretch Warm Up Main Floor & Back Floor	Flight 4	20	Women's Pair	Level 6	11 & Under	Nikki Krigos/Queenie Yee	Mississauga
				21	Women's Pair	Level 6	12-14	Isabella Serafim/Alexandra D'Sousa	Oakville
1:20-1:45	25min	Specific Warm Up Main Floor		22	Women's Pair	Level 6	12-14	Leonie Gauthier/Stephanie Dulong	Gymnastes de l'Ile
				23	Women's Pair	Level 6	12-14	Laurence Bourdeau/Camille Bourdeau	Gymnastes de l'Ile
1:45-2:10	25min			24	Women's Pair	Level 6	15-16	Kelly-Ann Lefebvre/Stephanie Lemire	Gymnastes de l'Ile

NOTE: ALL PARTICIPANTS SHOULD ARRIVE EARLY IN CASE WE ARE RUNNING AHEAD OF SCHEDULE.

1:40-2:10	30min	General Stretch Warm Up Back Floor	Flight 5	25	Mixed Pair	Age Group 11-16	Balance	Tessa Chiricosta/Jack McGarr	Oakville
				26	Women's Pair	Age Group 11-16	Balance	Alex Neish/Heather Herring	Calgary
2:10-2:35	25min	Specific Warm Up Main Floor		27	Women's Pair	Age Group 11-16	Balance	Daphe Ayotte/Melisa Dumitras	Gymnastes de l'Ile
				28	Men's Pair	Age Group 11-16	Balance	Al Human Jabakhanji/Mazhar Jabakhanji	Mississauga
2:35-3:00	25min			29	Men's Pair	Junior	Balance	Jamie Patrick/Cory Marsh	Oakville

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2:20-3:00	40min	General Stretch Warm Up Back Floor	Flight 6	30	Mixed Pair	Level 6	17+	Avery Brown/Ben Senior	Oakville
				31	Mixed Pair	Level 6	17+	Coralie Gregoire/Mathieu Lemieux	ITECO
3:00-3:20	20min	Specific Warm Up Main Floor		32	Women's Group	Level 7	15-16	Caitlin McCallen/Nicole Mathis/Kristina Stranianek	Mississauga
				33	Women's Group	Level 7	15-16	Xhosa Baker/Syandana Baker/Mikaela Pingol	Mississauga
3:20-3:40	20min	Compete							

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3:00-3:40	40min	General Stretch Warm Up Back Floor	Flight 7	34	Women's Group	Level 7	17+	Kelsey Horn/loana Luchain/Isabel Cummings	Oakville
				35	Women's Pair	Level 7	15-16	Sahina Bellini/Katia Perin	Gymnastes de l'Ile
3:40-4:00	25min	Specific Warm Up Main Floor		36	Mixed Pair	Level 7	17+	Erin Oswald/Ricardo Smith	Oakville
				37	Mixed Pair	Level 7	17+	Anais Plante-Gagnon/Michael Legare	ITECO
4:00-4:20	20min	Compete							

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3:40-4:20	40min	General Stretch Warm Up Back Floor	Flight 8	38	Mixed Pair	Age Group 11-16	Dynamic	Tessa Chiricosta/Jack McGarr	Oakville
				39	Women's Pair	Age Group 11-16	Dynamic	Alex Neish/Heather Herring	Calgary
4:20-4:45	30min	Specific Warm Up Main Floor		40	Women's Pair	Age Group 11-16	Dynamic	Daphe Ayotte/Melisa Dumitras	Gymnastes de l'Ile
				41	Men's Pair	Age Group 11-16	Dynamic	Al Human Jabakhanji/Mazhar Jabakhanji	Mississauga
4:45-5:10	25min	Compete		42	Men's Pair	Junior	Dynamic	Jamie Patrick/Cory Marsh	Oakville

5:10-5:30 Awards Flights 4-8

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