



Men's Artistic Gymnastics
Third Ontario Cup
 January 25 – 27, 2019
 KW Gymnastics
 Schedule version 1.3



Friday, January 25 th		
	Session 1 (59) Level 4 U13 (9) Level 4 13+ (30) Level 5 13-17 (13) Elite 4 11-13 (7) <i>10-minute warm-up & compete</i>	Session 2 (61) Open (28) Junior 14-15 (6) Junior 16-17 (6) Senior (20) <i>FIG Warm-up</i>
Registration	10:30 to 11:30 am	3:00 to 3:30 pm
Warm-up	11:40 to 12:00 pm	3:30 to 5:00 pm
March-in	12:05 to 12:15 pm	5:05 to 5:10 pm
Competition	12:20 to 3:00 pm	5:15 to 9:20 pm
Meeting	Coach & Judges immediately following each Session	
Awards	3:30 to 4:15 pm	9:45 pm

Saturday, January 26 th			
	Session 3 (77) Level 2 8-9 (14) Level 2 10-11 (39) Level 2 12-13 (24) <i>Bump Start</i>	Session 4 (53) Level 3 10-12 (46) <i>Bump Start</i> Elite 3 9-11 (7) <i>10-minute warm-up & compete</i>	Session 5 (49) Level 3 13-17 (49) <i>Bump Start</i>
Registration	8:15 to 9:00 am	12:45 to 1:15 pm	4:45 to 5:15 pm
Warm-up	9:00 to 9:20 am	1:15 to 1:35 pm	5:15 to 5:35 pm
March-in	9:25 to 9:35 am	1:40 to 1:45 pm	5:40 to 5:45 pm
Competition	9:40 to 12:45 pm	1:50 to 4:45 pm	5:50 to 8:00 pm
Meeting	Coach & Judges immediately following each Session		
Awards	1:00 to 1:30 pm	5:00 to 5:30 pm	8:15 pm

Sunday, January 27 th <i>Bump Start for both Sessions</i>		
	Session 6 (74) Level 1 8 (37) Level 1 9 (37)	Session 7 (56) Level 1 10-11 (46) Level 1 12-13 (10)
Registration	8:30 to 9:00 am	12:00 to 12:30 pm
Warm-up	9:00 to 9:20 am	12:30 to 12:50 pm
March-in	9:25 to 9:35 am	12:55 to 1:00 pm
Competition	9:40 to 12:00 pm	1:05 to 4:00 pm
Meeting	Coach & Judges immediately following each Session	
Awards	12:30 to 1:15 pm	4:15 pm