

Men's Artistic Gymnastics Third Ontario Cup

March 1 – 3, 2019 Gymnastics Mississauga Schedule version 1.4



Friday, March 1st				
	Session 1 (59) Level 4 U13 (9) Level 4 13+ (30) Level 5 13-17 (13) Elite 4 11-13 (7) 10-minute warm-up & compete	Session 2 (61) Open (28) Junior 14-15 (6) Junior 16-17 (6) Senior (20) FIG Warm-up		
Registration	10:30 to 11:30 am	3:00 to 3:30 pm		
Warm-up	11:40 to 12:00 pm	3:30 to 4:50 pm		
March-in	12:05 to 12:15 pm	4:55 to 5:00 pm		
Competition	12:20 to 3:00 pm	5:05 to 9:20 pm		
Meeting	Coach & Judges immediately following each Session			
Awards	3:15 to 3:45 pm	9:45 pm		

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