

Saturday April 27, 2019

9:00AM		Gym Opens	
9:00AM - 10:00AM	ACRO & AERO	Judges' Meeting & Breakfast	
9:00AM - 9:15AM		Registration	
9:15AM - 9:50AM		General Stretch	
9:50AM - 10:00AM		National Anthem & Announcements	
10:00AM - 11:05AM	Rotation #1	Level 5 (8-12) WG / Level 5 (13+) WG	
		National Development IW Novice GR1	
10:25AM - 10:40AM		Registration	
10:40AM - 11:10AM		General Stretch	
11:10AM - 11:52AM	Rotation #2	Level 5 (8-12) WP / Level 5 (13+) WP	
		Junior Aerodance IW Novice	
11:10AM - 11:25AM		Registration	
11:25AM - 11:55AM		General Stretch	
11:55AM - 12:40PM	Rotation #3	AG 2 EG / AG 2 MxP / AG 2 MP / Junior WG	Balance Routine
		AG1 IW Novice GR1	
12:45PM	Awards	Aero ONLY	
12:05PM - 12:20PM		Registration	
12:20PM - 12:50PM		General Stretch	
12:50PM - 1:24PM	Rotation #4&5	Level 5 (10-11) W Ind Group: A / Level 5 (10-11) W Ind Group: B	
		Level 5 (9) W Ind / Level 5 (9) M Ind	
12:45PM - 1:00PM		Registration	
1:00PM - 1:30PM		General Stretch	
1:30PM - 1:45PM	Rotation #6&7	Level 5 (8) W Ind	
		Level 5 (12+) W Ind / Level 5 (8) M Ind / Level 5 Demo	
1:45PM	Awards	Acro ONLY	
1:45PM	Judges' Lunch		
2:00PM - 2:15PM		Registration	
2:15PM - 2:45PM		General Stretch	
2:45PM - 3:27PM	Rotation #8	AG 1 WG / Level 10 WG / AG 1 WP / AG 1 MxP	Dynamic Routine
		AG1 IW Novice GR2	
2:25PM - 3:00PM		Registration	
3:00PM - 3:30PM		General Stretch	
3:30PM - 4:00PM	Rotation #9	Youth WP / Youth WG / Youth MP	Combined Routine
		AG2 IW Novice/AG1 TR/GR Novice	
3:15PM - 3:30PM		Registration	
3:30PM - 4:00PM		General Stretch	
4:00PM - 4:45PM	Rotation #10	AG 2 WG / AG 2 MxP / AG 2 MP / Junior WG	Dynamic Routine
		Junior Aerodance TR Novice	
4:45PM	Awards	ACRO & AERO	



Sunday April 28, 2019

9:00AM	Gym Opens		
9:00AM - 10:00AM	ACRO & AERO Judges' Meeting and Breakfast		
9:15AM - 9:30AM		Registration	
9:30AM - 10:00AM		General Stretch	
10:00AM - 11:05AM	Rotation #11	Level 6 (8-12) WP / Level 6 (8-12) MxP / Level 6 (13+)WP National Development IW Provincial / AG1 IW GR1	
10:25AM - 10:40AM		Registration	
10:40AM - 11:10AM		General Stretch	
11:10AM - 11:55AM	Rotation #12	Level 6 (13+) WG / Level 6 (8-12) WG AG1 IW Provincial GR2	
12:00PM	Awards	ACRO & AERO	
12:00PM	Judges' Lunch		
12:15PM - 12:30PM		Registration	
12:30PM - 1:00PM		General Stretch	
1:00PM - 1:50PM	Rotation #13	Level 7 (8-13) WP / Level 7 (14+) WP / Level 7 (14+) MxP AG1 IW Provincial GR3	
1:10PM - 1:25PM		Registration	
1:25PM - 1:55PM		General Stretch	
1:55PM - 2:25PM	Rotation #14	Level 7 (14+) WG / Level 7 (8-13) WG AG2 IW Provincial GR1	
1:45PM - 2:00PM		Registration	
2:00PM - 2:30PM		General Stretch	
2:30PM - 3:15PM	Rotation #15	AG 1 WG / Level 10 WG / AG 1 WP / AG 1 MxP AG2 IW Provincial GR2 / AG1 Provincial TR/GP	Balance Routine
2:30PM - 2:45PM		Registration	
2:45PM - 3:15PM		General Stretch	
3:15PM - 4:00PM	Rotation #16	AG 2 WG / AG 2 MxP / AG 2 MP / Junior WG Senior IW Provincial / Varsity Aerodance TR/Team	Combined Routine
4:00PM	Awards	ACRO & AERO	