

Men's Artistic Gymnastics First Ontario Cup & Tour Selection

December 6 – 8, 2019
Hosted by Gymnastics Mississauga
Schedule version 1.2



Friday, December 6 th			
	Session 1 (53) Level 3 10-12 (27) Level 3 16-17 (19) <i>Bump start</i> Elite 3 9-11 (7) <i>10-minute warm-up/compete</i>	Session 2 (61) Level 3 13-15 (61) <i>Bump start</i>	Session 3 (70) Level 4 U13 (1) Level 4 13+ (52) Level 5 13-16 (15) Elite 4 (2) <i>10-minute warm-up/compete</i>
Registration	8:15 to 9:00 am	12:30 to 1:15 pm	4:15 to 4:45 pm
March-in	9:05 to 9:15 am	1:30 to 1:40 pm	4:50 to 5:00 pm
Warm-up	9:20 to 9:40 am	1:45 to 2:05 pm	5:05 to 5:25 pm
Competition	9:45 to 1:15 pm	2:10 to 5:10 pm	5:30 to 9:15 pm
Meeting	Coach & Judges immediately following each Session		
Awards	1:30 to 2:15 pm	5:40 to 6:15 pm	9:30 pm

Saturday, December 7 th		
	Session 4 (61) Level 2 8-9 (1) Level 2 10-11 (19) Level 2 12-13 (41) <i>Bump start</i>	Session 5 (56) Open (17) Junior (22) Senior (16) FIG warm-up and compete
Registration	8:15 to 9:00 am	12:45 to 1:25 pm
March-in	9:05 to 9:15 am	1:30 to 1:40 pm
Warm-up	9:20 to 9:40 am	1:45 to 3:05 pm
Competition	9:45 to 1:00 pm	3:10 to 6:30 pm
Meeting	Coach & Judges immediately following each Session	
Awards	1:20 to 1:50 pm	6:45 to 7:30 pm

Sunday, December 8 th <i>Bump Start for all Sessions</i>		
	Session 6 (74) Level 1 8 (4) Level 1 9 (25) Level 1 11 (45)	Session 7 (76) Level 1 10 (41) Level 1 12-15 (35)
Registration	8:00 to 8:30 am	11:30 to 12:15 pm
March-in	8:35 to 8:45 am	12:20 to 12:30 pm
Warm-up	8:50 to 9:10 am	12:35 to 12:55 pm
Competition	9:15 to 12:30 pm	1:00 to 4:15 pm
Meeting	Coach & Judges immediately following each Session	
Awards	12:45 to 1:15 pm	4:30 pm