



ONTARIO CUP #1

March 26-28, 2010

Hosted by the Ottawa Gymnastics Centre – Confederation High School, Ottawa ON
Level 7, 8, 9 All Around and Event Specific Athletes

Friday, March 26th, 2010

Flight #1

	Level 8 Age 9 (3) Level 8 Age 10/11 (23)
Check in – <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	11:00 a.m. to 11:30 a.m.
Assembly for March In	11:35 a.m.
March In and O' Canada	11:45 a.m. to 11:55 a.m.
General Warm up	11:55 a.m. to 12:10 p.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicated</i>	12:15 p.m. to 2:15 p.m.
Begin to assemble for awards in separate area	2:20 p.m.
Awards March In	2:30 to 2:45 p.m.
Awards	2:45 p.m.

Flight #2

	Level 9 Age 9 (1) Level 9 Age 10/11 (2) Level 9 Age 12/13 (14)
Check in - <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	1:15 p.m. to 1:45 p.m.
Assemble for March In	2:15 p.m.
March In	2:30 p.m. to 2:40 p.m.
General Warm up	2:40 p.m. to 2:55 p.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicated</i>	3:00 p.m. to 4:30 p.m.
Begin to assemble for awards in separate area	4:35 p.m.
Awards March In	4:45 p.m. to 5:00 p.m.
Awards in separate area	5:00 p.m.

Flight #3

	Level 9 Age 14+ (20 AA) Level 9 Age 14+ (4 Event Specific Athletes)
Check in - <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	3:30 p.m. to 4:00 p.m.
Assemble for March In	4:30 p.m.
March In	4:40 p.m. to 4:50 p.m.
General Warm up	4:50 p.m. to 5:05 p.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicated</i>	5:10 p.m. to 7:00 p.m.
Begin to assemble for awards in separate area	7:05 p.m.
Awards March In	7:15 p.m. to 7:25 p.m.
Awards in separate area	7:25 p.m.



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Saturday, March 27th, 2010

Flight #4

	Level 7 Age 9 (7) Level 7 Age 10/11 (15)	Level 7 Age 10/11 (22)
	Subdivision A (22)	Subdivision B (22)
Check in - <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	7:15 a.m. to 7:45 a.m.	9:00 a.m. to 9:30 a.m.
Assemble for March In	7:50 a.m.	9:50 a.m.
March In	8:00 a.m. to 8:10 a.m.	10:00 a.m. to 10:10 a.m.
General Warm up	8:10 a.m. to 8:25 a.m.	10:10 a.m. to 10:25 a.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicted</i>	8:30 a.m. to 10:00 a.m.	10:30 a.m. to 12:00 noon
Begin to assemble for awards in separate area	12:05 p.m.	
Awards March In	12:15 p.m. to 12:30 p.m.	
Awards in separate area	12:30 p.m.	

Flight #5

	Level 7 Age 14+ (42 AA) Level 7 Age 14+ (19 Event Specific Athletes)	
	Subdivision A (28)	Subdivision B (28)
Check in - <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	11:00 a.m. to 11:30 a.m.	1:25 p.m. to 1:55 p.m.
Assemble for March In	12:00 noon	2:15 p.m.
March In	12:10 p.m. to 12:20 p.m.	2:25 p.m. to 2:35 p.m.
General Warm up	12:20 p.m. to 12:35 p.m.	2:35 p.m. to 2:50 p.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicted</i>	12:40 p.m. to 2:25 p.m.	2:55 p.m. to 4:40 p.m.
Begin to assemble for awards in separate area	4:45 p.m.	
Awards March In	4:55 p.m. to 5:10 p.m.	
Awards in separate area	5:10 p.m.	

Flight #6

	Level 8 Age 12/13 (37)	
	Subdivision A (19)	Subdivision B (18)
Check in - <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	3:40 p.m. to 4:10 p.m.	5:30 p.m. to 6:00 p.m.
Assemble for March In	4:30 p.m.	6:20 p.m.
March In	4:40 p.m. to 4:50 p.m.	6:30 p.m. to 6:40 p.m.
General Warm up	4:50 p.m. to 5:05 p.m.	6:40 p.m. to 6:55 p.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicted</i>	5:10 p.m. to 6:30 p.m.	6:55 p.m. to 8:15 p.m.
Begin to assemble for awards in separate area	8:20 p.m.	
Awards March In	8:20 p.m. to 8:35 p.m.	
Awards in separate area	8:35 p.m.	



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Sunday, March 28th, 2010

Flight #7

	Level 7 Age 12/13 (45)	
	Subdivision A (23)	Subdivision B (22)
Check in - <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	7:30 a.m. to 8:00 a.m.	9:35 a.m. to 10:05 a.m.
Assemble for March In	8:05 a.m.	10:25 a.m.
March In	8:15 a.m. to 8:25 a.m.	10:35 a.m. to 10:45 a.m.
General Warm up	8:25 a.m. to 8:40 a.m.	10:45 a.m. to 11:00 a.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicted</i>	8:50 a.m. to 10:35 a.m.	11:10 a.m. to 12:45 p.m.
Begin to assemble for awards in separate area	12:50 p.m.	
Awards March In	1:00 p.m. to 1:15 p.m.	
Awards in separate area	1:15 p.m.	

Flight #8

	Level 8 Age 14+ (35 AA)	
	Level 8 Age 14+ (7 Event Specific Athletes)	
	Subdivision A (21)	Subdivision B (20)
Check in - <i>once athletes have checked in they may not leave the venue and must report to the March In area at the time indicated.</i>	11:45 p.m. to 12:15 p.m.	1:50 p.m. to 2:20 p.m.
Assemble for March In	12:35 p.m.	2:40 p.m.
March In	12:45 p.m. to 12:55 p.m.	2:50 p.m. to 3:00 p.m.
General Warm up	12:55 p.m. to 1:10 p.m.	3:00 p.m. to 3:15 p.m.
Competition - <i>athletes are dismissed only after the last competitor on the last apparatus is finished and must report to the awards area as indicted</i>	1:20 p.m. to 2:50 p.m.	3:15 p.m. to 4:45 p.m.
Begin to assemble for awards in separate area	4:50 p.m.	
Awards March In	5:00 p.m. to 5:15 p.m.	
Awards in separate area	5:15 p.m.	