

Aerials March Break Invitational Final Schedule

Amherst Regional High School, 190 Willow Street, Amherst NS
March 14th and 15th, 2015

Saturday March 14th, 2015

Session 1 – Tyro 4 (18), Novice 4 (6), Open 4(1), Tyro 7 (4), Novice 7 (9), Novice 8 (3) = 41 gymnasts

8:00 am – 8:20 am General Warm-up

8:30 am – 12:00 pm Competition

(Continuous Rotation Format)

Session 2 – Novice 6 (10), Open 6 (10), Open 7 (3), Open 8 (5), Novice 9 (2), National Novice (1), PNA (3) = 34 gymnasts

12:30 pm – 12:50 pm General Warm-up

1:00 pm – 4:30 pm Competition

(Continuous Rotation Format)

Session 3 – Argo 4 (19), Argo 5 (3), Argo 6 (2), Tyro 6 (18) = 42 gymnasts

5:00 pm – 5:20 pm General Warm up

5:30 pm – 8:30 pm Competition

(Continuous Rotation Format)

*******Reminder: Argo 4 and 5 vaults are flat back in NS and follow Level 3 deductions*******

Sunday March 15th, 2015

Session 4 – All JO Level 3 and Intermediate = 49 gymnasts

8:00 am – 8:20 am General Warm up

8:30 am - 11:00 pm Competition

(Warm up - Gymnasts will proceed to each event, warm up and compete)

Session 5 – Aerials - Recreational and Precompetitive Gymnasts = 35 gymnasts

11:30 am – 11:45 am General Warm up

11:55 am – 2:30 pm Competition

(Warm up - Gymnasts will proceed to each event, warm up and compete)

Reminder: Refunds will only be given with a doctor's note.