

## 2024 CANADIAN CHAMPIONSHIPS SCHEDULE

**Wednesday May 22** All Day-Delegation Arrivals

**Thursday May 23**

07:30 Gym opens for warm up  
 09:00 – 15:00 Jr. Sr. podium training: athletes & coaches.  
 Judges can observe training from the stands as per FIG rules.  
 15:15 RGG timed warm up (4 min. per group)  
 16:15 – 17:15 RGG competition R1  
 17:15 – 17:25 Novice RGI A timed-warm up (3 min. per group)  
 17:25 – 18:32 Novice RGI A (2 apparatus)  
 18:32 – 18:38 Novice RGI B timed-warm up (3 min. per group)  
 18:38 – 19:45 Novice RGI B (2 apparatus)  
 20:00 – 20:30 Orientation meeting – accredited coaches & managers – 2 per club  
 20:30 – 21:00 Hospitality- light snacks

**Friday May 24**

**Competition A: Qualification to Competition B**  
 7:30 Warm-up & Judge Meetings  
 7:50 – 8:00 Junior Open RGI A timed warm up (5 min. per group)  
 8:00 – 9:30 Junior Open RGI A (2 apparatus)  
 9:30 – 9:40 Junior Open RGI B timed warm up (5 min. per group)  
 9:40 – 11:05 Junior Open RGI B (2 apparatus)  
 11:05 – 11:15 Junior HP RGI timed warm up (5 min. per group)  
 11:15 – 12:55 Junior HP RGI (2 apparatus)  
 12:55 – 13:40 Lunch  
 13:40-15:05 Senior Open RGI A (2 apparatus)  
 15:05 – 15:15 Senior Open RGI B timed warm up (5 min. per group)  
 15:15 – 16:40 Senior Open RGI B (2 apparatus)  
 16:40 – 16:50 Senior HP RGI timed warm up (5 min. per group)  
 16:50 – 18:05 Senior HP RGI (2 apparatus)  
 18:05 – 18:40 Dinner  
 18:40 – 19:51 Novice RGG, Novice RGI B (2 apparatus)  
 19:51 – 19:57 Novice RGI A timed warm up (3 min. per group)  
 19:57 – 21:04 Novice RGI A (2 apparatus)  
 21:05 **AWARDS: Novice RGI & RGG**

**Saturday May 25**

**Competition A: Qualification to Competition B**  
 7:30 Warm-up & Judge Meetings  
 8:30 – 8:50 Junior Development RGG & Senior Development RGG  
 8:50 – 8:56 Junior Open RGI B timed warm up (3 min. per group)  
 8:56 – 10:21 Junior Open RGI B (2 apparatus)  
 10:21 – 10:27 Junior Open RGI A timed warm up (3 min. per group)  
 10:27 – 11:57 Junior Open RGI A timed (2 apparatus)  
 11:57 – 12:07 Junior HP RGI timed warm up (5 min. per group)  
 12:07 – 13:47 Junior HP RGI (2 apparatus)  
 13:47 – 14:32 Lunch  
**AWARDS: Junior Open RGI**  
**AWARDS: Junior Development & Senior Development RGG (non-FIG)**  
 14:32 – 14:52 Junior RGG

14:52 – 16:17 Senior Open RGI B (2 apparatus)  
16:17 – 16:23 Senior Open RGI A timed warm up (3 min. per group)  
16:23 – 17:48 Senior Open RGI A (2 apparatus)  
17:48 – 18:15 Dinner  
18:15 – 19:30 Senior HP RGI (2 apparatus)  
19:35 – 19:55 Senior RGG  
**AWARDS: Senior Open RGI**

**Sunday May 26**

**Competition B (Draft)**  
7:30 Warm-up & Judge Meetings  
8:30 – 8:50 Junior RGG R1  
9:00 – 12:35 Junior RGI  
12:35 – 13:00 Lunch  
13:00 – 13:36 Junior RGG R2, Senior RGG R1  
13:45 – 16:20 Senior RGI  
16:35 – 16:55 Senior RGG R2

**AWARDS: Junior & Senior RGG FIG Apparatus & AA**

**AWARDS: Junior & Senior RGI Apparatus & AA**

**SPECIAL AWARDS:** Miss Elegance  
Jr. Athlete of the Year  
Sr. Athlete of the Year  
Coach of the Year  
Team Award  
Recognition Certificates

