



MENS ARTISTIC

2013 OCEANEX EASTERN CANADIAN GYMNASTICS CHAMPIONSHIPS

Friday May 10th, 2013

SESSION 1 - MAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P3 13&Under (26)	7:15am	7:30am - 7:50am 20 Minutes	8:00am - 12:30pm 45 Minute Rotations	12:45pm
FLOOR	ON/QC = 10			
POMMELS	NS/NB = 10			
RINGS	NL = 6			
VAULT				
P-BARS				
HIGH BAR				
				Total Athletes: 26

OPENING CEREMONIES (12:30-12:45)

SESSION 2 - MAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P4 Over 13 (14) National Youth (7)	4:15pm	4:30pm - 4:50pm 20 Minutes	5:00pm - 9:00pm 40 Minute Rotations	9:15pm
FLOOR	ON/QC = 7	National Youth (7)		
POMMELS	ON/NL/NS = 8	P4 Over 13 (8)		
RINGS	QC (P4) = 6	P4 Over 13 (6)		
VAULT				
P-BARS				
HIGH BAR				
				Total Athletes: 21



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SATURDAY MAY 11th, 2013

SESSION 3 - MAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P4 13&Under (15) National Open (4) HP Pre Argo (2)	7:15am	7:30am - 7:50am 20 Minutes	8:00am - 12:00pm 40 Minute Rotations	12:15pm
FLOOR POMMELS RINGS VAULT P-BARS HIGH BAR	NS/ON (NO/HP) = 6 NL/QC (P4) = 7 ON/NS (P4) = 8	P4 13&Under (8) P4 13&Under (7)	HP PA (2)	National Open (4)
				Total Athletes: 21

SESSION 4 - MAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P3 Over13 (18)	2:00pm	2:10pm-2:30pm 20 Minutes	2:40pm-5:30pm 28 Minute Rotations	5:45pm
FLOOR POMMELS RINGS VAULT P-BARS HIGH BARS	ON/NB/PE = 6 NS/NL = 6 QC - 6			
				Total Athletes: 18