



WOMENS ARTISTIC

2013 OCEANEX EASTERN CANADIAN GYMNASTICS CHAMPIONSHIPS

FRIDAY MAY 10th, 2013

SESSION 1 - WAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P4 Novice (20) P4 Open (17)	7:15am	7:30am -7:50am 20 Minutes	8:00am - 11:45am 45 Minute Rotations	12:00pm
VAULT	ON = 8	P4 Novice (4)	P4 Open (4)	Total Athletes: 37
BARS	NB = 5	P4 Novice (4)	P4 Open (1)	
BY	NS = 8	P4 Novice (4)	P4 Open (4)	
BEAM	QC = 8	P4 Novice (4)	P4 Open (4)	
FLOOR	NL = 8	P4 Novice (4)	P4 Open (4)	

OPENING CEREMONIES (12:30-12:45)

SESSION 2 - WAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P3 Tyro (19) P4 Tyro (12)	12:30pm	12:45pm-1:05pm 20 Minutes	1:15pm - 4:00pm 40 Minute Rotations	4:15pm
VAULT	NL = 7	P3 Tyro (4)	P4 Tyro (3)	Total Athletes: 31
BARS	QC = 8	P3 Tyro (4)	P4 Tyro (4)	
BEAM	ON = 8	P3 Tyro (4)	P4 Tyro (4)	
FLOOR	PE/NS = 8	P3 Tyro (7)	P4 Tyro (1)	

SESSION 3 - WAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
PNN Aspire (11) PNN Elite (8) National Open (14)	4:15pm	4:30pm - 4:50pm 20 Minutes	5:00pm - 8:00pm 45 Minute Rotations	8:15pm
VAULT	QC/ON (NO) = 8	National Open (8)		Total Athletes: 33
BARS	NB/NL/NS (NO) = 6	National Open (6)		
BEAM	QC/NB (PNN) = 9	PNN Aspire (5)	PNN Elite (4)	
FLOOR	ON/NS (PNN) = 10	PNN Aspire (6)	PNN Elite (4)	



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SATURDAY MAY 11th, 2013

SESSION 4 - WAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P3 Open (21)	7:15am	7:30am - 7:50am 20 Minutes	8:00am - 10:00am 25 Minute Rotations	10:15am
VAULT	NS/PE = 5			
BARS	QC = 4			
BY	NB = 4			
BEAM	NL = 4			
FLOOR	ON = 4			
				Total Athletes: 21

SESSION 5 - WAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P5 Tyro (10) P5 Novice (10) P5 Open (11)	10:15am	10:30am - 10:50am 20 Minutes	11:00am - 2:00pm 45 Minute Rotations	2:15pm
VAULT	NS/NB = 7		P5 Novice (2)	P5 Open (5)
BARS	ON = 8		P5 Novice (4)	P5 Open (4)
BEAM	QC = 8		P5 Novice (4)	P5 Open (4)
FLOOR	ON/QC = 8	P5 Tyro (8)		
				Total Athletes: 31

SESSION 6 - WAG

CATEGORIES:	ATHLETE ARRIVAL:	GENERAL WARMUP:	COMPETITION:	AWARDS:
P3 Novice (22)	2:15pm	2:30pm - 2:50pm 20 Minutes	3:00pm - 5:30pm 30 Minute Rotations	5:45pm
VAULT	QC = 4			
BARS	NS = 4			
BY	PE = 4			
BEAM	NL = 4			
FLOOR	ON/NB = 6			
				Total Athletes: 22