

2017 Artistic Gymnastics BC Championships



Port Coquitlam Recreation Complex

Port Coquitlam, BC

April 7-9, 2017

Workplan #2

Gymnastics BC
play | perform | progress



FINAL SCHEDULE March 24, 2017

WAG - Age groups Information:

2003-2002 – Athletes born in 2003 and 2002

2005/2001 – “/” indicates Athletes born in 2005, 2004, 2003, 2002 and 2001

For all sessions, gymnasts are not allowed on the floor until the start of general warm up.

THURSDAY, APRIL 6, 2017

19:00 - 19:30 WAG: Coaches Technical Meeting

19:30 - 21:30 WAG: Women's Technical Assembly

FRIDAY, APRIL 7, 2017

Session 1 WAG - JO Level 6: 2004 (30), 2006 (27)

8:00 – 8:20 General warm-up WAG

8:30 – 11:15 Competition (format: single panel, 8 apparatus)

11:25 Awards presentation

Session 2 WAG – JO Level 6 –2008-2007 (14), 2003 (26), 2005 (25)

11:30 – 11:50 General warm-up

11:55 – 14:20 Competition (format: single panel, 8 apparatus)

14:30 Awards presentation

Session 3 WAG – JO Level 6 – 2002/1999 (30), JO Level 7 – 2008/2006 (25)

14:30 – 14:50 General warm-up

15:00 – 17:30 Competition (format: single panel, 8 apparatus)

17:35 Awards presentation

Session 4 WAG – JO Level 7 – 2003 (22), 2002/1999 (29)

18:00 – 18:20 General warm-up

18:30 – 20:45 Competition (format: single panel, 8 apparatus)

20:50 Awards presentation

SATURDAY, APRIL 8, 2017

Session 5 WAG – JO Level 8 – 2007/2004 (30), 2002/1999 (34)

7:30 – 7:50 General warm-up
8:00 – 11:15 Competition (format: single panel, 8 apparatus)
11:20 Awards presentation

Session 6 WAG – JO Level 5 – 2009/2007 (20), 2006/2003 (26)

11:30 – 1:50 General warm-up
12:00 – 14:30 Competition (format: single panel, 4 apparatus)
14:35 Awards presentation

MAG – Level 3 (37)

11:00 General warm-up
11:20 – 13:45 Competition
14:00 Awards presentation

Session 7 WAG – JO Level 7 – 2004-2005 (30)

14:45 – 15:05 General warm-up
15:10 – 17:30 Competition
17:40 Awards presentation

MAG – Level 4 (22), Elite 4 (7), Elite 3 (5) – Compulsory

14:00 – 15:15 Open warm-up
15:20 – 17:30 Competition
17:50 Awards presentation

Session 8 WAG – JO 8 2003 (20)

17:40 – 18:00 Open warm-up
18:00 – 20:00 Competition
20:05 Awards presentation

MAG – Junior (3), Senior (6), National Open (16), Level 5 (6)

18:00 – 19:15 Open warm-up
19:20 – 21:30 Competition
21:35 Awards competition

20:15 – 22:00 WAG: Women's Judges Assembly (immediately after session 8 – WAG)
22:00 – 23:00 MAG: Men's Technical Assembly (immediately after session 8 – MAG)

SUNDAY, APRIL 9, 2017

Equipment: WAG athletes JO 9 (2004-2006) and JO 10 must use the GCG equipment specs as this is a trial for Canadian Championships. Any violation will be penalized. No warning will be given.

Session 9 WAG - JO Level 9 2003/1999 (22), JO Level 9 2006/2004 (23)
WAG - HP Junior (2), HP Novice (3)

7:40 – 8:00 General warm-up
8:05 – 11:00 Competition (format: single panel, 8 apparatus)
11:15 Awards presentation

Session 10 WAG – JO Level 10 2005/2002 (23), 2001/1999 (12)

11:30 – 11:50 General warm-up
12:00 – 14:30 Competition (format: single panel, 4 apparatus)
14:40 Awards presentation

MAG – **Level 1** (30)

Clubs: Wayland Sports (Richmond), Flicka, Surrey, TAG, Vancouver Phoenix, Terrace Peaks, Flip City

10:20 – 10:40 General warm-up
10:45 – 12:30 Competition
12:35 Awards presentation

Session 10b MAG – **Level 1** (33)

Clubs: Campbell River, Langley, Delta, Prince George, Twisters

12:40 – 13:00 General warm-up
13:05 – 14:45 Competition
14:55 Awards presentation

Session 11 WAG – **Aspire 1** (22), **Aspire 2** (10)

14:45 – 15:05 General warm-up
15:10 – 17:30 Competition
17:15 Awards presentation

MAG – **Level 2** (31)

15:00 – 15:20 General warm-up
15:30 – 17:30 Competition
17:35 Awards presentation

17:30 – 18:30 MAG: MTC meeting (Team Selection for Canadian Championships)
17:15 – 18:15 WAG: WTC meeting (Team Selection for Canadian Championships)