



April 11th Podium Training Schedule

Clubs	Carpet 1	Carpet 2	Podium Training - Competition Carpet
Alegria (2 RGI, 1 RGG) West Coast RG (1 RGI) Gymnastics Saskatchewan (2 RGI)	13:00-14:00		14:00-14:23
Vertigo RGA (1 RGI, 2 RGG)		13:25-14:25	14:25-14:41
Chinook (3 RGI, 1 RGG) Grace (6 RGI, 1 RGG)	14:00-15:00	14:25-14:40	15:00-15:40
Okanagan (11 RGI, 2 RGG)		14:40-15:40	15:40-16:26
Olympia (5 RGI) Planet (4 RGI)	15:26-16:26		16:26-17:00
HPTCI (6 RGI) Origami (1 RGI, 1 RGG)		16:00-17:00	17:00-17:29
Aura Rhythmic Gymnastics (7 RGI) Ad Astra (1 RGI)	16:30-17:30		17:30-17:58
Adagio (14 RGI, 1 RGG)		17:30-18:30	18:30-19:20

Training times are based on 3 min per RGI, 5 min per RGG, plus 3 min extra buffer time for transitions

1800-19:30 Mandatory judging course in the hospitality room at the venue (all judges)



General Schedule | April 12, 2023

National Stream

DAY 1 April 12th, 2023						
Judges Meeting 8:10-8:45AM						
Timed Warm Up 8:35-8:55 (4 min per group)						
8:55-9AM Official Welcome						
12.04.2023	9:00	9:32	Rotation 1	Novice RGG, Junior FIG, Senior FIG	Novice RGG 5 (RGG) R1	
					Junior FIG Group 5 G (RGG) R1	
					Senior FIG Group 5 G (RGG) R1	
					Novice RGG 5 (RGG) R2	
Timed Warm Up 9:45-9:54						
12.04.2023	9:55	11:25	Rotation 2	Junior RGI Flight A, Junior RGI HP (HC)	Junior Level 9 (RGI) A R1	
					Junior Level 10/HP (HC) (RGI) A R1	
					Junior Level 9 (RGI) A R2	
					Junior Level 10/HP (HC) (RGI) A R2	
Timed Warm Up 11:25-11:34						
12.04.2023	11:40	12:52	Rotation 3	Junior RGI Flight B	Junior Level 9 (RGI) B R1	
					Junior Level 9 (RGI) B R2	
12:55-13:35 Lunch Break and Awards for Novice RGG, Junior FIG RGG, Senior FIG RGG, Junior RGI						
Timed Warm Up 13:35-13:44						
12.04.2023	13:45	15:15	Rotation 4	Novice RGI	Novice (RGI) R1	
					Novice (RGI) R2	
Timed Warm Up 15:15-15:24						
12.04.2023	15:25	16:43	Rotation 5	Senior RGI Flight A, Senior RGI HP (HC)	Senior Level 9 I (RGI) A R1	
					Senior Level 10/HP I (HC) (RGI) A R1	
					Senior Level 9 I (RGI) A R2	
					Senior Level 10/HP I (HC) (RGI) A R2	
Timed Warm Up 16:43-16:49						
12.04.2023	17:00	18:00	Rotation 6	Senior RGI Flight B	Senior Level 9 I (RGI) B R1	
					Senior Level 9 I (RGI) B R2	
18:15 Awards for Novice RGI, Senior RGI						



General Schedule | April 13, 2023

National Stream

DAY 2 April 13th, 2023						
Judges Meeting 8:10-8:45AM						
Timed Warm Up 8:30-9:00						
13.04.2023	9:00	9:40	Rotation 7	Open RGG, Junior Dev Group Junior FIG, Senior FIG	Open RGG Nov.Jr.Sr. mix 4/5 (RGG) R1 Junior Development Group of 5 (RGG) R1 Junior FIG Group 5 G (RGG) R2 Senior FIG Group 5 G (RGG) R2 Open RGG Nov.Jr.Sr. mix 4/5 (RGG) R2 Junior Development Group of 5 (RGG) R2	
Timed Warm Up 9:45-9:54						
13.04.2023	9:55	11:07	Rotation 8	Junior RGI Flight B Club & Ribbon	Junior Level 9 (RGI) B R3 Junior Level 9 (RGI) B R4	
Timed Warm Up 11:07-11:16						
13.04.2023	11:20	12:50	Rotation 9	Junior RGI Flight A, Junior RGI HP (HC) Club & Ribbon	Junior Level 9 (RGI) A R3 Junior Level 10/HP (HC) (RGI) A R3 Junior Level 9 (RGI) A R4 Junior Level 10/HP (HC) (RGI) A R4	
12:50-13:30 Lunch Break and Awards for Open RGG, Junior Dev RGG, Junior FIG RGG, Senior FIG RGG, Junior RGI						
Timed Warm Up 13:30-13:39						
13.04.2023	13:40	15:10	Rotation 10	Novice RGI Ball & Club	Novice (RGI) R3 Novice (RGI) R4	
Timed Warm Up 15:10-15:16						
13.04.2023	15:16	16:16	Rotation 11	Senior RGI Flight B Club & Ribbon	Senior Level 9 I (RGI) B R3 Senior Level 9 I (RGI) B R4	
Timed Warm Up 16:16-16:25						
13.04.2023	16:30	17:48	Rotation 12	Senior RGI Flight A, Senior RGI HP (HC) Club & Ribbon	Senior Level 9 I (RGI) A R3 Senior Level 10/HP I (HC) (RGI) A R3 Senior Level 9 I (RGI) A R4 Senior Level 10/HP I (HC) (RGI) A R4	
18:00 Awards for Novice RGI, Senior RGI						



General Schedule | April 14, 2023

Provincial Stream

Day 3 April 14th 2023						
Judges Meeting 8:10-8:45AM						
Timed Warm Up 8:45-8:55						
Opening Remarks 8:55-9:00						
14.04.2023	9:00	10:17	Rotation 13	4B (One routine only)	Level 4B (RGI) A R1	
					Level 4B (RGI) B R1	
Timed Warm Up 10:17-10:26						
14.04.2023	10:27	12:12	Rotation 14	3B, 3C	Level 3B (RGI) R1	
					Level 3C (RGI) R1	
					Level 3B (RGI) R2	
					Level 3C (RGI) R2	
Timed Warm Up 12:12-12:21						
14.04.2023	12:22	13:42	Rotation 15	4C, 6C	Level 4C (RGI) R1	
					Level 6C (RGI) R1	
					Level 4C (RGI) R2	
					Level 6C (RGI) R2	
Lunch Break and Awards for 3B, 3C, 4B, 4C, 6C 13:45-14:20						
Timed Warm Up 14:20-14:32						
14.04.2023	14:35	16:40	Rotation 16	5C	Level 5C (RGI) R1	
					Level 5C (RGI) R2	
Timed Warm Up 16:40-16:49						
14.04.2023	16:50	18:30	Rotation 17	5B	Level 5B (RGI) R1	
					Level 5B (RGI) R2	
Dinner Break 18:30-19:00 (NO AWARDS)						
Timed Warm Up 19:00-19:09						
14.04.2023	19:10	20:45	Rotation 18	6B	Level 6B (RGI) R1	
					Level 6B (RGI) R2	
21:00 Awards for 5B, 5C, 6B						



General Schedule | April 15, 2023

Provincial Stream

Day 4 April 15th 2023					
Judges Meeting 8:10-8:45AM					
Timed Warm Up 8:15-8:48					
15.04.2023	8:55	9:59	Rotation 19	Level 3-5 Groups	Level 3 Group 3/4 G (RGG) R1
					Level 4 Group 3/4 G (RGG) R1
					Level 4 Group 5 G (RGG) R1
					Level 5 Group 2/3 G (RGG) R1
					Level 5 Group 5 G (RGG) R1
					Level 3 Group 3/4 G (RGG) R2
					Level 4 Group 3/4 G (RGG) R2
					Level 4 Group 5 G (RGG) R2
					Level 5 Group 2/3 G (RGG) R2
Timed Warm Up 10:00-10:10					
15.04.2023	10:11	11:23	Rotation 20	3B, 3C, 4C	Level 3B (RGI) R3
					Level 3C (RGI) R3
					Level 4C (RGI) R3
Timed Warm Up 11:23-11:36					
15.04.2023	11:40	13:17	Rotation 23	5B, 6B	Level 5B (RGI) R3
					Level 6B (RGI) R3
Lunch Break and Awards for Level 3-5 Groups, 3B, 3C, 4C, 5B, 6B 13:20-13:50					
Timed Warm Up 13:50-13:56					
15.04.2023	13:57	15:12	Rotation 21	4B Flight A (2 routines)	Level 4B (RGI) A R2
					Level 4B (RGI) A R3
Timed Warm Up 15:12-15:18					
15.04.2023	15:20	16:40	Rotation 22	4B Flight B (2 routines)	Level 4B (RGI) B R2
					Level 4B (RGI) B R3
Timed Warm Up 16:40-16:50					
15.04.2023	16:51	18:13	Rotation 24	5C, 6C	Level 5C (RGI) R3
					Level 6C (RGI) R3
18:30 Awards for 4B, 5C, 6C					