

Tumbling 2nd Ontario Cup hosted by Alliston Nikolettes Gymnastics

Saturday March 3, 2012 / Flight # 1

TUM D 9 & 10 Women	7	TUM D 11 & 12 Women	13
TUM D 13 & 14 Women	5	TUM D 15 & Over Women	3
TUM D 12 & Under Men	1	TUM C 13 & 14 Women	13
Stretch	8:20 - 8:40	D 9 & 10 / D 13 & 14 Women & D 12 & Under Men	
Specific Warm-up	8:40 - 8:55	D 9 & 10 / D 13 & 14 Women & D 12 & Under Men	
National Anthem	8:55 - 9:00		
Competition	9:00 - 9:30	D 9 & 10 / D 13 & 14 Women & D 12 & Under Men	13
Stretch	9:10 - 9:30	D 11 & 12 / D 15 & Over Women	
Specific Warm-up	9:30 - 9:50	D 11 & 12 / D 15 & Over Women	
Competition	9:50 - 10:30	D 11 & 12 / D 15 & Over Women	16
Stretch	10:10 - 10:30	TUM C 13 & 14 Women	
Specific Warm-up	10:30 - 10:45	TUM C 13 & 14 Women	
Competition	10:45 - 11:15	TUM C 13 & 14 Women	13
Awards - Flight # 1	11:15 - 12:00		

Saturday March 3, 2012 / Flight # 2

TUM C 9 & 10 Women	4	TUM C 12 & Under Men	3
TUM C 11 & 12 Women	12	TUM C 13 & Over Men	2
TUM B 12 & Under Women	8	TUM C 15 & Over Women	8
TUM B 13 & 14 Women	9		
Stretch	11:40 - 12:00	TUM C 9 & 10 / C 11 & 12 Women	
Specific Warm-up	12:00 - 12:20	TUM C 9 & 10 / C 11 & 12 Women	
Competition	12:20 - 1:00	TUM C 9 & 10 / C 11 & 12 Women	16
Stretch	12:40 - 1:00	B 12 & Under / B 13 & 14 Women	
Specific Warm-up	1:00 - 1:30	B 12 & Under / B 13 & 14 Women	
Competition	1:30 - 2:15	B 12 & Under / B 13 & 14 Women	17
Stretch	1:55 - 2:15	C 12 & Under and C 13 & Over Men and C 15 & Over Women	
Specific Warm-up	2:15 - 2:30	C 12 & Under and C 13 & Over Men and C 15 & Over Women	
Competition	2:30 - 3:00	C 12 & Under and C 13 & Over Men and C 15 & Over Women	13
Awards - Flight # 2	3:00 - 3:45		

Saturday March 3, 2012 / Flight # 3

TUM B 15 & Over Women	15	TUM Nat. Nov. 11-14 Women	7
TUM B 14 & Under Men	7	TUM Nat. Nov. 11-14 Men	4
TUM B 15 & Over Men	1		
Stretch	3:25 - 3:45	B 15 & Over Women	
Specific Warm-up	3:45 - 4:10	B 15 & Over Women	
Competition	4:10 - 4:50	B 15 & Over Women	15
Stretch	4:30 - 4:50	B 14 & Under / 15 & Over Men	
Specific Warm-up	4:50 - 5:05	B 14 & Under / 15 & Over Men	
Competition	5:05 - 5:30	B 14 & Under / 15 & Over Men	8
Stretch	5:10 - 5:30	Nat. Nov. 11-14 Women / Nat. Nov. 11-14 Men	
Specific Warm-up	5:30 - 5:55	Nat. Nov. 11-14 Women / Nat. Nov. 11-14 Men	
Competition	5:55 - 6:25	Nat. Nov. 11-14 Women / Nat. Nov. 11-14 Men	11
Finals	6:25 - 7:00	Nat. Nov. 11-14 Women / Nat. Nov. 11-14 Men	
Awards - Flight # 3	7:00 - 7:20		

**Tumbling 2nd Ontario Cup hosted by Alliston Nikolettes Gymnastics
Sunday March 4, 2012 / Flight # 4**

TUM A 14 & Under Women	7	TUM A 15 & Over Men	1
TUM A 14 & Under Men	1		
TUM A 15 & Over Women	9		
Stretch	8:20 - 8:40	A 14 & Under Women and A 14 & Under Men	
Specific Warm-up	8:40 - 8:55	A 14 & Under Women and A 14 & Under Men	
National Anthem	8:55 - 9:00		
Competition	9:00 - 9:25	A 14 & Under Women and A 14 & Under Men	8
Finals	9:25 - 9:40	A 14 & Under Women and A 14 & Under Men	
Stretch	9:20 - 9:40	A 15 & Over Women and A 15 & Over Men	
Specific Warm-up	9:40 - 10:00	A 15 & Over Women and A 15 & Over Men	
Competition	10:00 - 10:30	A 15 & Over Women and A 15 & Over Men	10
Finals	10:30 - 10:50	A 15 & Over Women and A 15 & Over Men	
Awards - Flight # 4	10:50 - 11:15		

Sunday March 4, 2012 / Flight # 5

TUM Nat. Open Women	3	TUM Nat. Open Men	3
TUM Nat. Youth Women	5	TUM Nat. Youth Men	3
TUM Nat. Senior Women	2	TUM Nat. Senior Men	2
Stretch	10:55 - 11:15	Nat. Open, Youth & Senior Women	
Specific Warm-up	11:15 - 11:40	Nat. Open, Youth & Senior Women	
Competition	11:40 - 12:10	Nat. Open, Youth & Senior Women	10
Finals	12:10 - 12:45	Nat. Open, Youth & Senior Women	
Stretch	12:25 - 12:45	Nat. Open, Youth & Senior Men	
Specific Warm-up	12:45 - 1:05	Nat. Open, Youth & Senior Men	
Competition	1:05 - 1:30	Nat. Open, Youth & Senior Men	8
Finals	1:30 - 2:00	Nat. Open, Youth & Senior Men	
Awards - Flight # 5	2:00 - 2:30		

Sunday March 4, 2012 / Flight # 6

TUM Nat. Nov. 15 & Over Women	11		
TUM Nat. Nov. 15 & Over Men	9		
Stretch	2:10 - 2:30	Nat. Nov. 15 & Over Women	
Specific Warm-up	2:30 - 2:55	Nat. Nov. 15 & Over Women	
Competition	2:55 - 3:25	Nat. Nov. 15 & Over Women	11
Finals	3:25 - 4:00	Nat. Nov. 15 & Over Women	
Stretch	3:40 - 4:00	Nat. Nov. 15 & Over Men	
Specific Warm-up	4:00 - 4:20	Nat. Nov. 15 & Over Men	
Competition	4:20 - 4:45	Nat. Nov. 15 & Over Men	9
Finals	4:45 - 5:15	Nat. Nov. 15 & Over Men	
Awards - Flight # 6	5:15 - 5:30		