

**2010 Men's Artistic
Provincial and Rising Stars Tour Selection/
1st Provincial Cup
January 30th – January 31st, 2010
at Futures Gymnastics Club**

REVISED Schedule

Saturday, January 30th, 2010

	<u>Session #1 (26)</u> Level 4 (10-12) Level 4 (13+) Level 5 (10-12) Level 5 (13-15) Level 5 (16+)	<u>Session #2 (44)</u> National Youth National Open	<u>Session #3 (45)</u> Level 2 Under 10 Level 2 10 – 12 Level 2 13+
Registration	8:00 to 8:15 a.m.	11:30 to 11:45 p.m.	4:00 to 4:15 p.m.
Warm Up	8:15 to 8:30 a.m.	11:45 to 1:00 p.m.	4:15 to 4:30 p.m.
March In	8:30 to 8:45 a.m.	1:00 to 1:15 p.m.	4:30 to 4:45 p.m.
Competition	8:45 to 11:45 p.m.	1:15 to 3:45 p.m.	4:45 to 7:15 p.m.
Awards	12:00 to 12:15 p.m.	4:00 to 4:15 p.m.	7:30 p.m.

Sunday January 31st, 2010

	<u>Session #4 (70)</u> Level 1 Under 10 Level 1 10 – 12 Level 1 13+	<u>Session #5 (50)</u> Level 3 (10-12) Level 3 (13+)
Registration	8:00 to 8:15 a.m.	12:30 to 1:00 p.m.
Warm Up	8:15 to 8:30 a.m.	1:00 to 1:15 p.m.
March In	8:30 to 8:45 a.m.	1:15 to 1:30 p.m.
Competition	8:45 to 12:45 p.m.	1:30 to 4:00 p.m.
Awards	12:45 to 1:00 p.m.	4:15 to 4:30 p.m.