

2010 Ontario Winter Games – Gymnastics Ontario

Thursday, March 4th, 2010

12:00 PM - 1:00 PM - ATHLETES ARRIVE

1:15 PM – 1:45 PM - TEAM PHOTOS; 1:15 – The Hangar: WAG/MAG/Aerobics; 1:45 The Fieldhouse: T & T and Rhythmic

3:00 PM - 4:00 PM – DINNER

5:15 PM - BUS TO OPENING CEREMONIES

7:00 PM - 8:00 PM - OPENING CEREMONIES

8:15 PM - BUS TO VILLAGE

Friday, March 5th, 2010

The Hangar – DRAFT – MUSKOKA WOODS

Men's Artistic Competition	
6:00 am – 9:00 am	Breakfast
7:30 am - 8:00 am	Registration
8:00 am – 8:15 am	General Stretch
8:15 am – 9:15 am	Warm Up
9:15 am – 9:30 am	March – In
9:30 am – 11:30 pm	Competition
11:45 pm – 12:00 pm	Awards
12:00 pm – 2:45 pm	Lunch
12:15 pm – 2:00 pm	Change Over Equipment
Women's Artistic Competition	
1:30 pm – 2:00 pm	Registration
2:00 pm – 2:15 pm	March – In
2:15 pm – 2:30 pm	General Stretch
2:30 pm – 4:30 pm	Competition
4:45 pm	Awards
Aerobics Competition	
4:30 pm – 5:00 pm	Registration
5:00 pm – 5:15 pm	March – In
5:15 pm – 5:30 pm	General Stretch
5:30 pm – 7:00 pm	Competition
7:15 pm – 7:30 pm	Awards

Fieldhouse – DRAFT – MUSKOKA WOODS

Trampoline & Tumbling Competition	
6:00 am – 9:00 am	Breakfast
7:30 am – 8:00 am	Registration
8:00 am – 8:15 am	March – In
8:15 am – 8:30 am	General Stretch
8:30 am – 9:30 am	Specific Warm – Up
9:30 am – 1:00 pm	Competition
12:00 pm – 2:45 pm	Lunch
1:15 pm – 1:45 pm	Awards

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1:45 pm – 2:45 pm	Change over Equipment
Rhythmic Gymnastics	
2:15 pm – 2:45 pm	Registration
2:45 pm – 3:00 pm	March - In
3:00 pm – 3:30 pm	General Stretch
3:30 pm – 8:30 pm	Competition
8: 45 pm	Awards

Saturday, March 6th, 2010

11:00 pm – 12:30 pm – Gala at Muskoka Limberettes – Bracebridge Sportsplex