



**2010 Eastern Canadian Championships  
May 6-8, 2010**

Hosted By: Gymnastics Mississauga  
5600 Rose Cherry Place

Friday May 7, 2010			Saturday May 8, 2010		
WAG			WAG		
8:00-11:30 Flight # 1	11:30-3:00 Flight # 2	3:00-7:00 Flight # 3	8:00 – 11:30 Flight # 4	11:30-3:00 Flight # 5	3:30-5:00 Flight # 6
Level 4 novice Level 4 open (31)	PNN Aspire PNN Elite L4 Tyro (29)	Level 3 novice Level 3 tyro (39)	Level 5 open Level 5 tyro Level 5 novice (36)	Nat. open Nat. Novice (26)	Level 3 open (20)

- Each individual athlete’s music must be on a single CD and passed in to the music table at the beginning of each flight.
- There will be a coaches meeting 10 minutes prior to the start of general stretch for each flight.
- A detailed schedule including time for registration and awards will be distributed in another document

- Warm up to be distributed before competition