

Tuesday July 13th

Coaches Education Session Dartfish 18:00 - 21:00 at Novotel, Mississauga

Wednesday July 14th

Coaches Education Session Dartfish 9:00 - 12:00 at Novotel, Mississauga

TRI (training gym)		TRA (competition gym)		TUM (training gym)		TUM (competition gym)		DMT (training gym)		DMT (competition gym)	
15:00	16:30	16:30	18:00	15:00	16:30	16:30	18:00	15:00	16:30	16:30	18:00
MB / QC / SK INTERNATIONALS		MB / QC / SK INTERNATIONALS		MB / QC / SK		ON		MB / QC / SK		ON	
ON		ON		ON		ON		ON		ON	
AB / BC		AB / BC		AB / BC		AB / BC		AB / BC		AB / BC	

Orientation Meeting for coaches and judges 21:00-21:30 at venue

Thursday July 15th

GENERAL WARM-UP (morning groups only) 8:30 - 9:25

Opening Ceremony 9:30 - 9:50

TRI (training gym)		TRA (competition gym)		TUM (training gym)		TUM (competition gym)		DMT (training gym)		DMT (competition gym)			
9:15	9:55	10:00	10:40	10:00	10:40	10:40	11:00	11:00	11:25	11:55	11:25	11:55	
SYN Novice W&M (6+4)		SYN Novice W&M (6+4)		SYN Novice W&M (6+4)		SYN Youth W&M (3+2)		SYN Youth W&M (3+2)		SYN Senior W (6)		SYN Senior M (8)	
SYN Youth W&M (3+2)		SYN Senior W (6)		SYN Senior M (8)		SYN Senior W (6)		SYN Senior M (8)		SYN Senior W (6)		SYN Senior M (8)	

GENERAL WARM-UP (afternoon groups only) 12:00 - 12:55

12:00	12:55	13:00	13:55	12:15	12:55	13:00	13:40	13:00	13:40	13:40	14:05	14:05	14:25
Novice 15+ M (14)		Novice 15+ M (14)		Novice 10-14 M&W (9+6)		Novice 10-14 M&W (9+6)		Novice 10-14 M&W (9+6)		Youth M&W (5+5)		Youth M&W (5+5)	
Nov 15+ W - gr1 (13)		Nov 15+ W - gr2 (13)		Youth M&W (5+5)		Senior M (8)		Senior M (8)		Senior W (5)		Senior W (5)	
Open M (9)		Open W (8)		Senior W (5)		Senior W (5)		Senior W (5)		Senior W (5)		Senior W (5)	

GENERAL WARM-UP (evening groups only) 17:00 - 17:55

17:00	17:55	18:00	19:00	17:20	17:55	18:00	18:35	18:00	18:35	18:35	18:40	18:35	18:40
Novice 10-14 M (15)		Novice 10-14 M (15)		Novice 15+ M&W (1+12)		Novice 15+ M&W (1+12)		Novice 15+ M&W (1+12)		Open M&W (3+3)		Open M&W (3+3)	
Novice 10-14 W (14)		Novice 10-14 W (14)		Open M&W (3+3)		Open M&W (3+3)		Open M&W (3+3)		Open M&W (3+3)		Open M&W (3+3)	

Friday July 16th

GENERAL WARM-UP (morning groups only) 8:30 - 9:25

TRI (training gym)		TRA (competition gym)		TUM (training gym)		TUM (competition gym)		DMT (training gym)		DMT (competition gym)			
8:35	9:25	9:30	10:20	9:30	10:20	9:00	9:25	9:30	9:55	9:30	9:55	9:30	9:55
Youth W (12)		Youth W (12)		Youth W (12)		Novice 10-14 W (11)		Novice 10-14 W (11)		Novice 10-14 W (11)		Novice 10-14 W (11)	
Youth M (11)		Youth M (11)		Youth M (11)		Novice 10-14 M (9)		Novice 10-14 M (9)		Novice 15+ W (13)		Novice 15+ W (13)	
						Nov 15+ M (4) / Op M&W (4+3)		Nov 15+ M (4) / Op M&W (4+3)		Senior M (8)		Senior M (8)	
						Senior W (5)		Senior W (5)		Senior W (5)		Senior W (5)	

GENERAL WARM-UP (afternoon groups only) 12:00 - 12:55

12:25	12:55	13:00	13:45	12:25	12:55	13:00	13:30	12:25	12:55	13:00	13:30	13:00	13:30
Senior W (11)		Senior W (11)		Youth W (12)		Youth W (12)		Youth W (12)		Youth W (12)		Youth W (12)	
Senior M - gr1 (9)		Senior M - gr1 (9)		Youth M (8)		Youth M (8)		Youth M (8)		Youth M (8)		Youth M (8)	
Senior M - gr2 (9)		Senior M - gr2 (9)											
Senior M - gr3 (8)		Senior M - gr3 (8)											

GENERAL WARM-UP (evening groups only) 16:00 - 16:55

TRI (training gym)		TRA (competition gym)		TUM (training gym)		TUM (competition gym)		DMT (training gym)		DMT (competition gym)			
16:30	16:55	17:00	17:25	16:25	16:55	17:00	17:30	17:20	17:45	17:50	18:15	17:50	18:15
SYN Novice W&M (6+4)		SYN Novice W&M (6+4)		Novice 15+ M&W (1+10)		Novice 15+ M&W (1+10)		Novice 15+ W (10)		Nov 15+ M (4) / Op M&W (4+3)		Nov 15+ M (4) / Op M&W (4+3)	
SYN Youth W&M (3+2)		SYN Youth W&M (3+2)		Open M&W (3+3)		Open M&W (3+3)		Open M&W (3+3)		Open M&W (3+3)		Open M&W (3+3)	
SYN Senior W (6)		SYN Senior W (6)											
SYN Senior M (8)		SYN Senior M (8)											

AWARDS (14 evening events) 18:50 - 19:45

Saturday July 17th

TRI (training gym)		TRA (competition gym)		TUM (training gym)		TUM (competition gym)		DMT (training gym)		DMT (competition gym)			
GENERAL WARM-UP (morning groups only) 8:30 - 9:25													
FINALS													
9:00	9:25	Novice 15+ M (10)		9:00	9:25	Novice 10-14 M (9)		9:30	9:55	Novice 10-14 M (9)			
9:25	9:50	Novice 15+ W (10)	9:30	9:55	Novice 15+ M (10)	9:25	9:50	Novice 10-14 W (6)	9:30	9:55	Novice 10-14 W (6)		
9:50	10:15	Novice 10-14 M (10)	9:55	10:20	Novice 15+ W (10)	9:50	10:05	Youth M (5)	9:55	10:10	Novice 10-14 W (6)		
10:15	10:40	Novice 10-14 W (10)	10:20	10:45	Novice 10-14 M (10)	10:05	10:20	Youth W (5)	10:10	10:25	Youth M (5)		
10:45	11:05	Open M (8)	10:45	11:10	Novice 10-14 W (10)				10:25	10:40	Youth W (5)		
11:05	11:25	Open W (8)	11:10	11:30	Open M (8)				10:45	11:10	Novice 10-14 M (9)		
			11:30	11:50	Open W (8)				11:10	11:35	Novice 10-14 W (10)		
											11:15	11:40	Novice 10-14 M (9)
											11:40	11:55	Novice 10-14 W (10)
AWARDS (12 morning events) 12:00 - 12:50													
GENERAL WARM-UP (afternoon groups only) 13:00 - 13:55													
FINALS													
13:15	13:55	Senior M (15)		13:30	13:55	Youth W (10)		13:30	13:55	Youth W (10)			
16:35	16:55	Senior W (11)	14:00	14:40	Senior M (15)			14:00	14:20	Youth M (8)	14:00	14:25	Youth W (10)
15:35	15:55	Youth W (10)	14:40	15:05	Senior W (11)			14:35	14:55	Senior M (8)	14:25	14:45	Youth M (8)
15:55	16:25	Youth M (10)	15:05	15:50	Youth W (10)			15:00	15:15	Senior W (5)	15:00	15:20	Senior M (8)
			15:50	16:15	Youth M (10)	15:25	15:45	Senior M (8)			15:20	15:35	Senior W (5)
						15:50	16:05	Senior W (5)	15:50	16:10	Senior M (8)		
									16:10	16:25	Senior W (5)		
AWARDS (10 afternoon events) 16:30 - 17:10													