

December 2009

**POWER SMART MANITOBA WINTER GAMES
SCHEDULE**

ARTISTIC GYMNASTICS

SUNDAY MARCH 7, 2010

TIME	EVENT
All Day	Arrival of Participants

MONDAY MARCH 8, 2010

TIME	EVENT	Location
9:00 am	Technical Meeting	Southport
9:30 am To 4:30 pm	Training Day (Schedule will be based upon arrival times of teams/draw)	Southport

TUESDAY MARCH 9, 2010

TIME	EVENT	Location
Session 1: 10-11 Years – Female Competition		Southport
8:30-8:40 am	General Warm Up	
8:45-9:45 am	4 x 15 minutes Apparatus Warm Up	
9:45-10:00 am	Marshalling	
10:00-12:00 pm	Competition	
12:00-12:30 pm	Awards Presentation	
Session 2: 12 Years – Female Competition		Southport
1:00-1:10 pm	General Warm Up	
1:15-2:15 pm	4 x 15 minutes Apparatus Warm Up	
2:15-2:30 pm	Marshalling	
2:30-4:30 pm	Competition	
4:30-5:00 pm	Awards Presentation	

WEDNESDAY MARCH 10, 2010

TIME	EVENT	Location
Session 3: 13 Years and over – Female Competition		Southport
8:00-8:10 am	General Warm Up	
8:15-9:15 am	4 x 15 minutes Apparatus Warm Up	
9:15-9:30 am	Marshalling	
9:30-11:00 am	Competition	
11:00-11:30 am	Awards Presentation	
10 – 12 Years; 13 Years and over – Male Competition		Southport
8:00-8:10 am	General Warm Up	
8:15-9:15 am	4 x 15 minutes Apparatus Warm Up	
9:15-9:30 am	Marshalling	
9:30-11:00 am	Competition	
11:00-11:30 am	Awards Presentation	