



2016 NEW ZEALAND GYMSPORTS CHAMPIONSHIPS RHYTHMIC GYMNASTICS TIMETABLE

| | | | | | |
|-----------------------------------|--|---|---|--|--|
| Tuesday 27 September | Training | Training | Training | Training Managers Meeting 5.00-5.45pm | Training |
| | | Session 1 | Session 2 | | |
| Wednesday 28 September | | Level 4 <i>3 apparatus</i> Warm up: 12-12.30pm Compete: 12.30-2.15pm | Level 5 <i>3 apparatus</i> Warm up: 2.15-2.45pm Compete: 2.45-4.30pm | Opening Ceremony 5.00-5.45pm | |
| | Session 3 | Session 4 | Session 5 | Session 6 | Session 7 |
| Thursday 29 September | Stage 3 <i>2 apparatus</i> Warm up: 8.30-9.00am Compete: 9.00-10.15am | Stage 4 & Junior International <i>2 apparatus</i> Warm up: 10.15-10.45am Compete: 10.45-12.00pm | Level 6 <i>3 apparatus</i> Warm up: 12.15-12.45pm Compete: 12.45-2.30pm | Level 10 & Senior International <i>2 apparatus</i> Warm up: 2.30-3.00pm Compete: 3.00-5.00pm | Level 9 <i>2 apparatus</i> Warm up: 5.00-5.30pm Compete: 5.30-6.45pm |
| | Session 8 | Session 9 | Session 10 | Session 11 | Session 12 |
| Friday 30 September | Stage 4 & Junior International <i>2 apparatus</i> Warm up: 8.30-9.00am Compete: 9.00-10.15am | Level 7 <i>2 apparatus</i> Warm up: 10.15-10.45am Compete: 10.45-12.15pm | Level 10 & Senior International <i>2 apparatus</i> Warm up: 12.30-1.00pm Compete: 1.00-3.00pm | Level 9 <i>2 apparatus</i> Warm up: 3.00-3.30pm Compete: 3.30-4.45pm | Level 8 <i>2 apparatus</i> Warm up: 4.45-5.15pm Compete: 5.15-6.15pm RG Forum 6.45pm |
| | Session 13 | Session 14 | Session 15 | Session 16 | Session 17 |
| Saturday 1 October | Grade III & IV Group <i>2 showings</i> Warm up: 7.30-8.30am Compete: 8.30-10.00am | Stage 3 <i>2 apparatus</i> Warm up: 10.00-10.30am Compete: 10.30-12.30pm | Level 8 <i>2 apparatus</i> Warm up: 12.30-1.00pm Compete: 1.00-2.30pm | Junior International <i>Apparatus Finals</i> Warm up: 2.30-3.00pm Compete: 3.00-5.00pm | Senior International <i>Apparatus Finals</i> Warm up: 5.30-6.00pm Compete: 6.00-8.00pm |
| | Session 18 | Session 19 | | | |
| Sunday 2 October | Grade V & VI Group <i>2 showings</i> Warm up: 7.30-8.30am Compete: 8.30-9.30am | Level 7 <i>2 apparatus</i> Warm up: 9.30-10.00am Compete: 10.00-11.30am | Special Awards 3.00pm – 4.00pm | Closing Ceremony 4.00-5.00pm | After Party 7.00pm |