



Kanata Cup 2018

Saturday March 10

- 9:00 Training Gym opens for Athletes
9:15 timed warmups for Prov AGG
9:15 Competition for Prov AGG part 1
9:20 Timed Warmups on Competition Carpet
9:35 **Special Olympics** Competition (Level 1-4)
13:30 **Awards Ceremony Special Olympics**
- 13:55 Timed Warmups of ODP RGI 1 & Interclub Individual L2
14:00 Competition for **Interclub L2 & ODP RGI 1**
14:25 Timed Warmups of Interclub Individual L3 & L4 Hoop
14:30 Competition for **Interclub L3 & L4 Hoop**
14:55 Timed Warmups of Interclub Individual L4 Rope
15:00 Competition for **Interclub L4 Rope**
15:20 Timed Warmups of Interclub Individual L5 ball
15:25 Competition for **Interclub L5 ball**
15:45 Timed Warmups of Interclub Individual L5 ribbon, L5 star
15:50 Competition for **Interclub L5 ribbon, 5 Star**
16:10 Timed Warmups of Interclub Individual L6
16:15 Competition for **Interclub L6**
16:35 Timed Warmup for all Interclub RG Groups & IC AGG & Prov AGG
16:56 Competition for **Interclub RG Groups & IC AGG & Prov AGG**
17:23 **Awards for all Interclub Individuals, Groups and all AGG**
- 18:00 Timed warmups for ODP RGI 2, 2B & 2C
18:10 Competition for **Provincial ODP RGI 2, 2B & 2C**
19:10 Timed warmups for Provincial 2A
19:20 Competition for **Provincial 2A**
20:08 **Awards Provincial ODP RGI 2, 2A, 2B, 2C**

Sunday March 11

- 8:10 Training Gym Opens for Athletes
8:50 Timed warmups for Provincial 4A,4B,5A & 5B
9:00 Competition for **Provincial 4A,4B,5A & 5B**
11:22 Timed warmups for Provincial 3A & 3B
11:32 Competition for **Provincial 3A & 3B**
12:30 Timed warmups for Provincial Groups & National Groups
12:51 Competition for **Provincial Groups & National Groups**
13:13 **Awards Provincial 3A, 3B, 4A, 4B, 5A, 5B and Provincial Groups**
13:43 Timed warmups for 3C,4C,5C and National Novice
13:53 Competition for **3C,4C,5C and National Novice**
15:35 Timed warmups for Provincial 6A,6B & National Jr & Sr
15:45 Competition for **Provincial 6A,6B & National Jr & Sr**
17:20 **Awards National Ind & Groups and Provincial 3C, 4C, 5C & 6**

*note - schedule is subject to change
version February24, 2018*