

CANTERBURY INTERMEDIATE AND SENIOR CHAMPIONSHIPS 2016

SATURDAY AUGUST 13th

SESSION	STRETCH	WARM UP	MARSHAL	COMPETE	WAG	MAG
1	12.00pm		12.20pm	12.30pm	Gymsports Iron	
2	2.00pm		2.20pm	2.30pm	Gymsports Bronze	Level 6
	1.00pm	1.20pm	2.20pm	2.30pm		Level 7
3	3.30pm		3.50pm	4.00pm	Gymsports Silver	
4	4.40pm		5.20pm	5.30pm	Gymsports Gold & Elite	
	4.00pm	4.20pm	5.20pm	5.30pm		Level 8,9 U18, Open

SUNDAY AUGUST 14th

SESSION	STRETCH	WARM UP	MARSHAL	COMPETE	WAG	MAG
5	8.30am	8.50am	9.50am	10.00am	Step 7	
6	11.10am		11.50am	12.00noon	Step 6 & 8	
	11.30am		11.50am	12.00noon		Level 4
7	1.30pm		1.50pm	2.00pm	Step 5	
8	2.30pm	2.50pm	3.50pm	4.00pm	SI, SJE,JI, Step 9 & 10	
	3.20pm		3.50pm	4.00pm		Level 5