

CANTERBURY INTERMEDIATE AND SENIOR CHAMPIONSHIPS 2015

SATURDAY AUGUST 8th

SESSION	STRETCH	WARM UP	MARSHAL	COMPETE	WAG	MAG
1	10.50am	11.05pm	12.05am	12.10pm	Senior Int'l, SJE, S10	Senior Open, U18, Level 9
2	2.05pm		2.35pm	2.45pm	Step 5	Level 5 & 6
3	3.40pm 4.05pm	3.50pm	4.40pm 4.35pm	4.45pm 4.45pm	Step 7 Gymsports Elite	Level 7 & 8

SUNDAY AUGUST 9th

SESSION	STRETCH	WARM UP	MARSHAL	COMPETE	WAG	MAG
4	8.05am		8.20am	8.30am	Gymsports Iron	Level 4
5	9.15am 9.15am 10.00am	9.30am 9.30am	10.20am 10.20am	10.30am 10.30am	Senior Int'l, Step 8, 9 Gymsports Silver	
6	11.30am 12.00 noon	11.40am	12.20pm 12.20pm	12.30pm 12.30pm	Step 6 Gymsports gold	
NB	Session 6 may start 15 mins earlier if time permits - please be prepared					
7	1.55pm 1.55pm 2.35pm	2.10pm 2.10pm	2.50pm 2.50pm	3.00pm 3.00pm	JnrHP IL4 Gymsports bronze	