

## Top of the South Competition Timetable Friday 15 – Sunday 17 July 2016

Friday 15th July SESSION ONE 4.30pm		
WAG Step 1	WAG Step 8+	MAG Level 4, 5 & 6
Stretch: 4.30pm	Stretch/Warm up: 4.30pm	Stretch/Warm up: 4.30pm
Compete: 5.00pm	Compete: 6.00pm	Compete: 5.00pm
Saturday 16th July SESSION TWO 7.45am		
	WAG Step 5	MAG Levels 2 & 3
	Stretch: 7.45am	Stretch: 7.45am
	Compete: 8.15am	Compete: 8.15am
Saturday 16th July SESSION THREE 10.45am		
WAG Step 2	WAG Steps 4	MAG Level 7, 8, U18 & SI
Stretch: 10.45am	Stretch: 10.45am	Stretch: 10.45am
Compete: 11.15am	Compete: 11.15am	Compete: 12.15pm
Saturday 16th July SESSION FOUR 2.15pm		
GymFun, Grades 1, 2 & Iron	WAG Step 6 & 7	
Stretch: 2.15pm	Stretch: 2.15pm	
Compete: 2.45pm	Compete: 3.20pm	
Saturday 16th July SESSION FIVE 5.15pm		
Bronze & Silver	WAG Steps 8, 9 & 10	MAG Level 4, 5 & 6
Stretch: 5.15pm	Stretch/Warmup: 5.15pm	Stretch: 5.15pm
Compete: 5.45pm	Compete: 6.35pm	Compete: 5.45pm
Sunday 17th July SESSION SIX 8.00am		
Gold, Elite & Age Group	WAG Step 7	MAG Levels 7, 8, U18 & SI
Stretch: 8.00am	Stretch: 8.00am	Stretch: 8.00am
Compete: 8.30am	Compete: 9.20am	Compete: 9.20am
Sunday 17th July SESSION SEVEN 10.45am		
	WAG Steps 5 + 6 Finals	
	Stretch: 10.45am	
	Compete: 11.05am	
Sunday 17 <sup>th</sup> July SESSION EIGHT 1.05pm		
	WAG Step 3	
	Stretch: 1.05pm	
	Compete: 1.35pm	