

CANTERBURY INTERMEDIATE AND SENIOR CHAMPIONSHIPS 2017

SATURDAY AUGUST 5th

SESSIO N	STRETCH	WARM UP	MARSHAL	COMPETE	WAG	MAG
1	12.00noon		12.20pm	12.30pm	Gymsports Iron	
2	1.30pm		1.50pm	2.00pm	Gymsports Bronze	
3	3.30pm		3.50pm	4.00pm	Gymsports Silver	
4	4.30pm		4.50pm	5.00pm	Gymsports Gold & Elite Age, Open, Pre Comp	

SUNDAY AUGUST 6th

SESSION	STRETCH	WARM UP	MARSHAL	COMPETE	WAG	MAG
5	7.30am		7.50pm	8.00am	STEP 4	
6	10.00am		10.20pm	10.30am	STEP 5	Level 4,5,6
7	12.30pm	12.50pm	1.50pm	2.00pm	STEP 8,9,JL	Level 9, U18, Open
8	3.30pm	3.50pm	4.50pm	5.00pm	STEP 7	Level 7,8
	4.30pm		4.50pm	5.00pm	STEP 6	