

Rhythmic Gymnastics



Venue: Seaton Secondary

Thursday, March 23, 2023

Start	End	Event
9:00	11:00	Gym Set Up
13:00	16:00	Podium training
15:00	16:00	Officials, coaches, and volunteers meeting
16:00	16:15	Athlete and Coaches Meeting

Friday, March 24, 2023

Start	End	Event
9:00		Gym open for Provincial Stream warm-up
10:20	10:30	Judges meeting at the gym
10:15	10:30	Timed warm-up - Provincial Stream - Individual
10:30	11:20	Rotation 1 - Provincial Stream - Individual two apparatuses
12:00	12:10	Timed warm-up - Western Stream - Individual
12:10	12:50	Rotation 2 - Western Stream Individual two apparatuses
13:30	13:40	Timed warm-up - Level 4 Stream - Individual
13:40	14:00	Rotation 3 - Level 4 Stream - Individual one apparatuses
14:00	15:00	Gym Open for Groups
15:00	15:30	Time warm-up - Groups
15:30	16:05	Rotation 4 - Groups

Saturday, March 25, 2023

Start	End	Event
9:00		Gym open for Provincial Stream warm-up
10:20	10:30	Judges meeting at the gym
10:15	10:30	Timed warm-up - Provincial Stream - Individual
10:30	11:00	Rotation 1 - Provincial Stream - Individual one apparatuses
11:00	11:10	Timed warm-up - Western Stream - Individual
11:10	11:30	Rotation 2 - Western Stream Individual one apparatuses
11:30	12:30	Gym open for Level 4 warm-up
12:00	12:30	Zone team and Officials photos
12:30	12:40	Timed warm-up - Level 4 - Individual
12:40	13:10	Rotation 3 - Level 4 - Individual two apparatuses
13:10	14:20	Gym Open for groups
14:20	14:40	Groups warm-up
14:40	15:05	Rotation 5 - Groups
15:30	16:30	Medal Presentations

Sunday, March 26, 2023

Start	End	Event
10:00	11:15	Rhythmic Gymnastics workshop session at Seaton



We respectfully acknowledge the traditional and unceded territory of the sqilx^w/syilx (Okanagan) peoples.