

Podium Training Schedule

April 22nd



CLUBS	CARPET 1	CARPET 2	PODIUM
OLYMPIA RG	8:30AM-9:15AM	9:15AM-10:00AM	10:00AM-10:30AM
PLANET RG	9:00AM-9:45AM	9:45AM-10:30AM	10:30AM-11:25AM
GRACE RG	9:55AM-10:40AM	10:40AM-11:25AM	11:25AM-12:08PM
ORIGAMI	10:38AM-11:23AM	11:23AM-12:08PM	12:08PM-12:38PM
ALEGRIA ALBERTA	11:08AM-11:53AM	11:53AM-12:38PM	12:38PM-12:44PM
RHYTHMICANA GYMNASTICS	11:14AM-12:00AM	12:00PM-12:44PM	12:44PM-12:52PM
ELITE RHYTHMICS	11:22AM-12:07PM	12:07PM-12:52PM	12:52PM-1:27PM
TEAM SASKATCHEWAN	11:27AM-12:12PM	12:12PM-1:27PM	1:27PM-2:09PM
HPTC INTERNATIONAL	12:09PM-1:24PM	1:24PM-2:09PM	2:09PM-2:59PM
RHYTHMIC ROYALS	12:09PM-1:24PM	1:09PM-2:59PM	2:59PM-3:14PM
EDMONTON RHYTHMICS	1:14PM-2:29PM	2:29PM-3:14PM	3:14PM-3:44PM
AURA RG	2:14PM-2:59PM	2:59PM-3:44PM	3:44PM-4:14PM
OKANAGAN	2:44PM-3:29PM	3:29PM-4:14PM	4:14PM-4:59PM
CHINOOK RHYTHMIQUE GYMNASTIC CLUB	3:44PM-4:14PM	4:14PM-4:59PM	4:59PM-5:14PM
ARGA	2:44PM-3:29PM	3:29PM-5:14PM	5:14PM-6:08PM
ARABESQUE RHYTHMICS	4:42PM-5:23PM	5:23PM-6:08PM	6:08PM-6:13PM

Podium Training Schedule

April 24th

CLUBS	CARPET 1	CARPET 2	PODIUM
RHYTHMICANA GYMNASTICS	4:45PM-5:30PM	5:30PM-6:15PM	6:15PM-6:24PM
CHINOOK RHYTHMIQUE GYMNASTIC CLUB	4:54PM-5:39PM	5:39PM-6:24PM	6:24PM-6:34PM
CAPITAL CITY	5:02PM-5:49PM	5:49PM-6:34PM	6:34PM-6:39PM
SAPPHIRES	5:02PM-5:54PM	5:54PM-6:39PM	6:39PM-6:44PM
EDMONTON RHYTHMICS	5:02PM-5:54PM	5:54PM-6:50PM	6:44PM-6:50PM

CARPET 1 45MINUTES

CARPET 2 45 MINUTES

PODIUM 2.5 M PER ATHLETE AND 4 PER GROUP