



**Men's Artistic Gymnastics**  
**First Ontario Cup, CWG Trials & Tour Selection**  
 December 7 – 9, 2018  
 Hosted by Winstars Gymnastics  
 Schedule version 1.0



| <b>Friday, December 7<sup>th</sup></b> |                                                                                                                          |                                                                  |                                                                                |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------------|
|                                        | <b>Session 1 (50)</b><br>Level 3 10-12 (43)<br><i>Bump start</i><br>Elite 3 9-11 (7)<br><i>10-minute warm-up/compete</i> | <b>Session 2 (49)</b><br>Level 3 13-17 (49)<br><i>Bump start</i> | <b>CWG Trials #1</b><br>(Open Rules)<br>Pre-registration required via Uplifter |
| <b>Registration</b>                    | 8:15 to 9:00 am                                                                                                          | 12:30 to 1:15 pm                                                 | 4:15 to 4:55 pm                                                                |
| <b>March-in</b>                        | 9:05 to 9:15 am                                                                                                          | 1:20 to 1:25 pm                                                  | 5:00 to 5:10 pm                                                                |
| <b>Warm-up</b>                         | 9:20 to 9:40 am                                                                                                          | 1:30 to 1:50 pm                                                  | 5:15 to 6:35 pm                                                                |
| <b>Competition</b>                     | 9:45 to 12:45 pm                                                                                                         | 1:55 to 4:45 pm                                                  | 6:40 to 9:40 pm                                                                |
| <b>Meeting</b>                         | Coach & Judges immediately following each Session                                                                        |                                                                  |                                                                                |
| <b>Awards</b>                          | 1:15 to 1:50 pm                                                                                                          | 5:00 to 5:30 pm                                                  | 10:10 pm                                                                       |

| <b>Saturday, December 8<sup>th</sup></b> |                                                                                                            |                                                                                                                                        |                                                                                                                       |
|------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
|                                          | <b>Session 3 (71)</b><br>Level 2 8-9 (12)<br>Level 2 10-11 (39)<br>Level 2 12-13 (20)<br><i>Bump start</i> | <b>Session 4 (56)</b><br>Level 4 U13 (18)<br>Level 4 13+ (20)<br>Level 5 13-16 (11)<br>Elite 4 (7)<br><i>10-minute warm-up/compete</i> | <b>Session 5 (61)</b><br>Open (28)<br>Junior 14-15 (3)<br>Junior 16-17 (10)<br>Senior (20)<br>FIG warm-up and compete |
| <b>Registration</b>                      | 8:15 to 9:00 am                                                                                            | 12:45 to 1:25 pm                                                                                                                       | 4:45 to 5:15 pm                                                                                                       |
| <b>Warm-up</b>                           | 9:00 to 9:20 am                                                                                            | 1:30 to 1:50 pm                                                                                                                        | 5:15 to 6:35 pm                                                                                                       |
| <b>March-in</b>                          | 9:25 to 9:35 am                                                                                            | 1:55 to 2:00 pm                                                                                                                        | 6:40 to 6:45 pm                                                                                                       |
| <b>Competition</b>                       | 9:40 to 1:00 pm                                                                                            | 2:05 to 4:45 pm                                                                                                                        | 6:50 to 9:40 pm                                                                                                       |
| <b>Meeting</b>                           | Coach & Judges immediately following each Session                                                          |                                                                                                                                        |                                                                                                                       |
| <b>Awards</b>                            | 1:20 to 1:50 pm                                                                                            | 5:00 to 5:30 pm                                                                                                                        | 10:10 pm                                                                                                              |

| <b>Sunday, December 9<sup>th</sup></b> |                                                           |                                                                   |
|----------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------|
| <i>Bump Start for all Sessions</i>     |                                                           |                                                                   |
|                                        | <b>Session 6 (71)</b><br>Level 1 8 (35)<br>Level 1 9 (36) | <b>Session 7 (53)</b><br>Level 1 10-11 (43)<br>Level 1 12-13 (10) |
| <b>Registration</b>                    | 8:00 to 8:30 am                                           | 12:00 to 1:00 pm                                                  |
| <b>Warm-up</b>                         | 8:30 to 8:50 am                                           | 1:05 to 1:25 pm                                                   |
| <b>March-in</b>                        | 8:55 to 9:05 am                                           | 1:30 to 1:35 pm                                                   |
| <b>Competition</b>                     | 9:10 to 1:00 pm                                           | 1:40 to 4:10 pm                                                   |
| <b>Meeting</b>                         | Coach & Judges immediately following each Session         |                                                                   |
| <b>Awards</b>                          | 1:30 to 2:15 pm                                           | 4:25 pm                                                           |