



Schedule



2010 Gymnastics Ontario Men's Artistic Ontario Championships Friday April 30th through Sunday May 2nd, 2010 Burlington BGs Gymnastics Club

Friday, April 30, 2010

	Session #1 Level 3, Level 4, Level 5
Registration	5:00pm to 5:30pm
Warm Up	5:30pm to 5:50pm
March In	5:50 to 6:00 p.m.
Competition	6:00 to 8:00 p.m.
Awards	8:00 p.m.

Saturday, May 1, 2010

	Session #2 Level 1	Session #3 Argo Day 1 Tyro Compulsaries Junior Senior National Youth National Open	Men's Technical Assembly, Burlington BGs. 4:00pm – 6:00pm
Registration	8:00 to 8:15 a.m.	11:30 to 11:50 a.m.	
Warm Up	8:15 to 8:35 a.m.	11:50 to 1:10 p.m.	
March In	8:35 to 8:50 a.m.	1:10 to 1:25 p.m.	
Competition	8:50 to 11:50 p.m.	1:25 to 3:25 p.m.	
Awards	11:50 to 12:10 p.m.	3:25 to 3:50 p.m.	

Sunday, May 2, 2010

	Session #4 Level 2	Session #5 Argo Day 2 Tyro Optionals
Registration	8:00 to 8:15 a.m.	11:30 to 11:50 a.m.
Warm Up	8:15 to 8:35 a.m.	11:50 to 1:10 p.m.
March In	8:35 to 8:50 a.m.	1:10 to 1:25 p.m.
Competition	8:50 to 11:50 p.m.	1:25 to 3:25 p.m.
Awards	11:50 to 12:10 p.m.	3:25 to 3:50 p.m.

