

# 2010 Ontario Winter Games – Gymnastics Ontario

## Thursday, March 4<sup>th</sup>, 2010

12:00 PM - 1:00 PM - ATHLETES ARRIVE  
 1:00 PM - 2:00 PM - TEAM PHOTOS  
 3:00 PM - 4:00 PM – DINNER  
 5:15 PM - BUS TO OPENING CEREMONIES  
 7:00 PM - 8:00 PM - OPENING CEREMONIES  
 8:15 PM - BUS TO VILLAGE

## Friday, March 5<sup>th</sup>, 2010

### **Field House – DRAFT – MUSKOKA WOODS**

<b>Men's Artistic Competition</b>	
6:00 am – 9:00 am	Breakfast
7:30 am - 8:00 am	Registration
8:00 am – 8:15 am	General Stretch
8:15 am – 9:15 am	Warm Up
9:15 am – 9:30 am	March – In
9:30 am – 11:30 pm	Competition
11:45 pm – 12:00 pm	Awards
12:00 pm – 2:45 pm	Lunch
12:15 pm – 2:00 pm	Change Over Equipment
<b>Women's Artistic Competition</b>	
1:30 pm – 2:00 pm	Registration
2:00 pm – 2:15 pm	March – In
2:15 pm – 2:30 pm	General Stretch
2:30 pm – 4:30 pm	Competition
4:45 pm	Awards
<b>Aerobics Competition</b>	
4:30 pm – 5:00 pm	Registration
5:00 pm – 5:15 pm	March – In
5:15 pm – 5:30 pm	General Stretch
5:30 pm – 7:00 pm	Competition
7:15 pm – 7:30 pm	Awards

### **Gymnasium – DRAFT – MUSKOKA WOODS**

<b>Trampoline &amp; Tumbling Competition</b>	
6:00 am – 9:00 am	Breakfast
7:30 am – 8:00 am	Registration
8:00 am – 8:15 am	March – In
8:15 am – 8:30 am	General Stretch
8:30 am – 9:30 am	Specific Warm – Up
9:30 am – 1:00 pm	Competition
12:00 pm – 2:45 pm	Lunch
1:15 pm – 1:45 pm	Awards
1:45 pm – 2:45 pm	Change over Equipment
<b>Rhythmic Gymnastics</b>	

## 2010 Ontario Winter Games – Gymnastics Ontario

2:15 pm – 2:45 pm	Registration
2:45 pm – 3:00 pm	March - In
3:00 pm – 3:30 pm	General Stretch
3:30 pm – 8:30 pm	Competition
8: 45 pm	Awards

### **Saturday, March 6<sup>th</sup>, 2010**

11:00 pm – 12:30 pm – Gala at Muskoka Limberettes – Bracebridge Sportsplex