



## GYM A (PODIUM GYM) SESSIONS 1.0



L'INTERNATIONAL & LA CLASSIQUE GYMNIX 2010 DETAILED SCHEDULE FINAL VERSION/ HORAIRE DÉTAILLÉ VERSION FINALE	SESSION	PANEL A	PANEL B	WHEN/QUAND	ARRIVÉE ATHLÈTES/ ATHLETES ARRIVAL	RÉUNION TECH/ TECH MEETING	ÉCHAUFFEMENT GÉNÉRAL/ GENERAL WARM-UP	ÉCHAUFFEMENT CHRONOMÉTRÉ/ TIMED WARM-UP	MARCH-IN	COMPETITION	MÉDAILLES/ AWARDS	AIRE ÉCHAUFFEMENT/ WARM-UP AREA	ÉCHAUFFEMENT 30 secs WARM-UP
	1.1	P5S (25)	P5N (22)	Friday 6h40-11h00	6h40	7h10	7h00 (20 min)	7h20 (4x11) A (4x10) B 8h04 (A) 8h00 (B)	8h10	8h12 (4x34)	10h30 Hall	Gym A/ Gym B	Yes/Yes
	1.2	WORLD CUP QUALIF (16)		Friday 10h05-15h45	10h05	Thursday March 4 18h45 VIP room (CSCR)	10h30	10h30-11h45 & 13h15-14h15	11h45	11h45 (3x30) & 14h15 (3x30)		Gym A	Yes
	1.3	INT'L CUP QUALIF (33)		Friday 15h45-21h45	15h45	Thursday March 4 11h15 VIP room (CSCR)	16h15 (30 min)	16h45 (4x20) 18h05	18h10	18h15 (4x45)	21h30 Gym A	Gym A	Yes
	1.4	PNC ELITE (17)		Saturday 6h40-10h30	6h40	7h10	7h00 (20 min)	Capital Cup modified 7h20 – 10h00 (4x40)			10h10 Hall	Gym A	Yes
	1.5	NO (28)	NO (24)	Saturday 11h25-17h15	11h25	11h55	11h45 (30 min)	12h15 (4x22) 13h37	13h40	13h45 (4x45)	17h00 Hall	Gym A / Gym A	Yes/Yes
	1.6	JR CUP QUALIF (27)	WORLD CUP FINALS I (3x8)	Saturday 16h30-22h00	16h30	Wednesday March 3 11h15 VIP room (CSCR)	17h00 (30 min)	17h30 (4x20) 18h50	18h55	19h00 (4x40)	21h50 Gym A	Gym A/ Gym A	Yes/Yes
	1.7	NN (23)	NN (20)	Sunday 6h40-11h50	6h40	7h10	7h00 (30 min)	7h30 (4x22) 8h52	8h55	9h00 (4x35)	11h30 Hall	Gym A/ Gym A	Yes/Yes
	1.8	INTERNATIONAL FINALS (WC : 3 x 8) (J : 4 x 8) (I : 4 x 8)		Sunday 11h30-17h00	11h30		Open Warm-up (12h00 – 13h45)		13h55	14h00 (4x45)	17h00 Gym A	Gym A	Yes



## GYM B (DOUBLE GYM) SESSIONS 2.0



<b>L'INTERNATIONAL &amp; LA CLASSIQUE GYMNIX 2010 DETAILED SCHEDULE FINAL VERSION/ HORAIRE DÉTAILLÉ V. FINALE</b>	SESSION	PANEL A	PANEL B	WHEN/QUAND	ARRIVÉE ATHLÈTES/ ATHLETES ARRIVAL	RÉUNION TECH/ TECH MEETING	ÉCHAUFFEMENT GÉNÉRAL/ GENERAL WARM-UP	ÉCHAUFFEMENT CHRONOMÉTRÉ/ TIMED WARM-UP	MARCH-IN	COMPETITION	MÉDAILLES/ AWARDS	AIRE ÉCHAUFFEMENT/ WARM-UP AREA	ÉCHAUFFEMENT 30 secs WARM-UP
	2.1	P2A (22)	P2A (20)	Friday 8h40-12h45	8h40	9h10	9h00 (20 min)	9h20 (4x18) 10h32	10h42	10h45 (4x19)	12h15 Hall	Gym C/ Gym C	No/No
	2.2	PNC Aspire (16)	PNC Aspire (14)	Friday 12h40-15h45	12h40	13h10	13h00 (20min)	Capital Cup modified 13h20-15h00 (4x22)			15h15 Hall	Gym B/ Gym B	Yes/ Yes
	2.3	P3T (20)	P3A (19)	Friday 13h10-17h15	13h10	13h40	13h30 (20 min)	13h50 (4x18) 15h02	15h10	15h15 (4x18)	16h45 Hall	Gym C/ Gym C	No/No
	2.4	P3S (20)	P2S (20)	Friday 14h45-18h40	14h45	15h15	15h05 (20 min)	15h25 (4x18) 16h37	16h42	16h45 (4x18)	18h10 Hall	Gym C/ Gym C	No/No
	2.5	P4S (16)	P4N (13)	Saturday 6h40-10h30	6h40	7h10	7h00 (20 min)	7h20 (4x16) 8h24	8h30	8h33 (4x18)	10h00 Hall	Gym B/ Gym B	Yes/Yes
	2.6	P4AT (21)	P5T (11)	Saturday 7h55-12h30	7h55	8h05	8h15 (20 min)	8h35 (4x16) 9h45	9h55	10h00 (4x27)	12h00 Hall	Gym C/ Gym C	Yes/ Yes
	2.7	P2T (28)	P2T (28)	Saturday 11h00- 15h45	11h00	11h30	11h20 (20 min)	11h40 (4x20) 13h00	13h10	13h15 (4x25)	15h15 Hall	Gym C/ Gym C	No/No
	2.8	P2N (25)	P3N (20)	Saturday 13h25- 17h45	13h25	13h55	13h45 (20 min)	14h05 (4x18) 15h20	15h30	15h35 (4x22)	17h15 Hall	Gym C/ Gym C	No/No