

Twisters Gymnastics Club

Final Schedule 2024

March 15-17th, 2024

Friday March 15th

Session #1 Panel A & B – Boys Performance Plus (5), Pre- comp, Girls Performance (7), Girls Performance Plus (7), Gymnaestrada
Warm Up 9:00 am General Warm up 15 minutes; Event Warm up 30 secs
Competition Start 9:15am

Session #2 Panel A & B – Xcel Bronze (40), Xcel Gold (40),
Warm Up 10:45 am General Warm up 15 minutes; Event Warm up 30 secs
Competition Start 11:00am

Session #3 Panel A & B – Xcel Silver (54), Platinum (7), Diamond (4)
Warm Up 2:00pm General Warm up 15 minutes; Event Warm up 45 secs
Competition Start 2:15pm

Saturday March 16th

Session #4 Panel A – WAG CCP 8 (16) , CCP 9 (4), CCP 10 (1)
Warm Up 8:30 am General Warm up 20 minutes; Event Warm up: As per “BC CCP Charts”
Competition Start 8:50am

Panel B – MAG P1 (38)
Warm Up 8:30 am General Warm up 15 minutes; Event Warm up 1 touch
Competition Start 8:45am

Session #5 Panel A – WAG CCP 6 - 2015-2012 (33)
Warm Up 11:00 am General Warm up 15 minutes; Event Warm up: As per “BC CCP Charts”
Competition Start 11:15 am

Panel B –P3 (31), MAG P4 (16)
Warm Up 11:00 am General Warm up 15 minutes; Event Warm up 1 min
Competition Start 11:15 am

Session #6 Panel A – WAG CCP 6 – 2011-2008 (33)
Warm Up 2:00 pm General Warm up 15 minutes; Event Warm up: As per “BC CCP Charts”
Competition Start 2:15 pm

Panel B – MAG P2 (26), P5 (6)
Warm Up 1:25pm General Warm up 20 minutes; Event Warm up 2 touch
Competition Start 1:45 pm

Session #7 Panel A – WAG CCP 7 (39)
Warm Up 4:45pm General Warm up 15 minutes; Event Warm up: As per “BC CCP Charts”
Competition Start 5:00 pm

Panel B – MAG Aspire (7), Open (14), Jr (17), Sr (9)
Warm Up 3:30pm General Warm up 90 minutes; Event Warm up 1 touch
Competition Start 5:00pm

Sunday March 17th

- Session #8 Panel A & B– WAG CCP 1 (16) & CCP 2 (57) & Showcase (3)
Warm Up 8:45 am General warm up 15 Minutes; Event Warm up 30 secs
Competition Start 9:00am
- Session #9 Panel A & B– WAG CCP 3 (46)
Warm Up 11:45 am General warm up 15 Minutes; Event Warm up 45 secs
Competition Start 12:00 pm
- Session #10 Panel A & B– WAG CCP 4 (27), CCP 5 (12)
Warm Up 2:00 pm General warm up 15 Minutes; Event Warm up 1 minute
Competition Start 2:15 pm