

Date and Item	Start Time	Age	Competitors	Time	Finish Time
Friday 17th					
Opening	5:30 PM			0:05	5:35 PM
Calisthenic Solo	5:35 PM	26 - 35	9	0:45	
		36 - 42	9	0:45	
				0:00	
		57 - 69	3	0:15	
		70 plus	1	0:05	
			22	1:50	7:25 PM
Presentations	25 minutes			0:25	7:50 PM
Rods Solo	7:50 PM	27 - 40	5	0:25	
		46 - 56	2	0:10	
			7	0:35	8:25 PM
Graceful	8:25 PM	57 - 69	5	0:25	
			5	0:25	8:50 PM
Presentations	25 minutes			0:25	9:15 PM
Saturday 18th					
Clubs Duo	8:30 AM	33 - 45	6		
		48 - 58	3		
			9	0:45	9:15 AM
Graceful	9:15 AM	36 - 40	11		
		41 - 45	4		
			15	1:15	10:30 AM
Presentations	25 minutes			0:25	10:55 AM
Calisthenics Duo	10:55 AM	70 plus	1		
		57 - 69	1		
		41 - 48	4		
		34 - 40	6		
			12	1:00	11:55 AM
Presentations	25 minutes			0:25	12:20 PM
LUNCH	30 minutes			0:30	12:50 PM
Clubs Solo	12:50 PM	46 - 56	2		
		30 - 42	6		
		70 year	9	0:45	1:35 PM
Graceful	1:35 PM	46 - 56	6		
			6	0:30	2:05 PM
Trios	2:05 PM	32 - 43	5		
			5	0:25	2:30 PM
Presentations	25 minutes			0:25	2:55 PM
Rods Duo	2:55 PM	35 - 48	3		
		57 - 69	2		
		32 - 40	4		
			9	0:45	3:40 PM
Graceful	3:40 PM	70 plus	2		
		26 - 35	12		
			14	1:10	4:50 PM
Presentations	25 minutes			0:25	5:15 PM
Closing	5 minutes			0:05	5:20 PM

