

# SATURDAY TIMETABLE

FLIGHT	TRA				DMT
	PANEL 1	PANEL 2	PANEL 3	PANEL 4	PANEL 5
1	<b>LEVEL 4 WOMEN</b> 1-14	<b>LEVEL 3 WOMEN</b> 1-13	<b>LEVEL 5 WOMEN</b> 1-13	<b>LEVEL 6 WOMEN</b> 1-14	
	Warm Up 08:15-08:35 One-Touch 08:35-08:40 Compete 08:40-09:15	Warm Up 08:15-08:35 One-Touch 08:35-08:40 Compete 08:40-09:15	Warm Up 08:15-08:35 One-Touch 08:35-08:40 Compete 08:40-09:15	Warm Up 08:15-08:35 One-Touch 08:35-08:40 Compete 08:40-09:15	Warm Up 08:15-08:35 One-Touch 08:35-08:40 Compete 08:40-09:15
2	<b>LEVEL 4 WOMEN</b> 15-28	<b>LEVEL 3 WOMEN</b> 14-26	<b>LEVEL 5 WOMEN</b> 14-25	<b>LEVEL 6 WOMEN</b> 15-28	<b>LEVEL 1 WOMEN   MEN</b> 1-4   1-2
	Warm Up 09:15-09:35 One-Touch 09:35-09:40 Compete 09:40-10:15	Warm Up 09:15-09:35 One-Touch 09:35-09:40 Compete 09:40-10:15	Warm Up 09:15-09:35 One-Touch 09:35-09:40 Compete 09:40-10:15	Warm Up 09:15-09:35 One-Touch 09:35-09:40 Compete 09:40-10:15	Warm Up 09:15-09:35 Two-Touch   Compete 09:35-09:45 Two-Touch   Final 09:45-10:15
3	<b>LEVEL 4 WOMEN</b> 29-41	<b>LEVEL 3 WOMEN</b> 27-37	<b>LEVEL 5 WOMEN</b> 26-38	<b>LEVEL 5 MEN</b> 1-10	<b>PERFORMANCE LEVEL WOMEN   MEN</b> 1-7   1-2
	Warm Up 10:15-10:35 One-Touch 10:35-10:40 Compete 10:40-11:15	Warm Up 10:15-10:35 One-Touch 10:35-10:40 Compete 10:40-11:15	Warm Up 10:15-10:35 One-Touch 10:35-10:40 Compete 10:40-11:15	Warm Up 10:15-10:35 One-Touch 10:35-10:40 Compete 10:40-11:15	Warm Up 10:15-10:35 Two-Touch   Compete 10:35-10:45 Two-Touch   Final 10:45-11:15
4	<b>LEVEL 4 WOMEN</b> 42-54	<b>LEVEL 3 WOMEN   LEVEL 6 MEN</b> 38-41   1-8	<b>LEVEL 5 WOMEN</b> 39-49	<b>SYNCHRONISED LEVEL 3</b> 1-9	
	Warm Up 11:15-11:35 One-Touch 11:35-11:40 Compete 11:40-12:15	Warm Up 11:15-11:35 One-Touch 11:35-11:40 Compete 11:40-12:15	Warm Up 11:15-11:35 One-Touch 11:35-11:40 Compete 11:40-12:15	Warm Up 11:15-11:35 One-Touch 11:35-11:40 Compete 11:40-12:15	

## LUNCH

5	<b>LEVEL 4 WOMEN</b> 55-66	<b>SYNCHRONISED LEVEL 2</b> 1-9	<b>LEVEL 3 MEN</b> 1-12	<b>SYNCHRONISED LEVEL 3</b> 10-19	<b>FIG LEVEL WOMEN</b> 1-6
	Warm Up 12:45-13:05 One-Touch 13:05-13:10 Compete 13:10-13:45	Warm Up 12:45-13:05 One-Touch 13:05-13:10 Compete 13:10-13:45	Warm Up 12:45-13:05 One-Touch 13:05-13:10 Compete 13:10-13:45	Warm Up 12:45-13:05 One-Touch 13:05-13:10 Compete 13:10-13:45	Warm Up 12:45-13:05 Two-Touch   Compete 13:05-13:30
6	<b>DISABILITY WOMEN</b> 1-8	<b>SYNCHRONISED LEVEL 2</b> 10-18	<b>LEVEL 3 MEN   LEVEL 4 MEN</b> 13-15   1-10	<b>SYNCHRONISED LEVEL 3</b> 20-28	<b>FIG LEVEL MEN</b> 1-9
	Warm Up 13:45-14:05 One-Touch 14:05-14:10 Compete 14:10-14:45	Warm Up 13:45-14:05 One-Touch 14:05-14:10 Compete 14:10-14:45	Warm Up 13:45-14:05 One-Touch 14:05-14:10 Compete 14:10-14:45	Warm Up 13:45-14:05 One-Touch 14:05-14:10 Compete 14:10-14:45	Warm Up 13:45-14:05 Two-Touch   Compete 14:05-14:30

## FINALS

7	<b>LEVEL 4 WOMEN</b> 1-8	<b>LEVEL 6 MEN</b> 1-8	<b>LEVEL 5 WOMEN</b> 1-8	<b>LEVEL 6 WOMEN</b> 1-8	
	Assemble 14:45-15:00 March On 15:00-15:05 Warm Up 15:05-15:15 One-Touch 15:15-15:20 Compete 15:20-15:40	Assemble 14:45-15:00 March On 15:00-15:05 Warm Up 15:05-15:15 One-Touch 15:15-15:20 Compete 15:20-15:40	Assemble 14:45-15:00 March On 15:00-15:05 Warm Up 15:05-15:15 One-Touch 15:15-15:20 Compete 15:20-15:40	Assemble 14:45-15:00 March On 15:00-15:05 Warm Up 15:05-15:15 One-Touch 15:15-15:20 Compete 15:20-15:40	Assemble 14:45-15:00 March On 15:00-15:05 Warm Up 15:05-15:15 One-Touch 15:15-15:20 Compete 15:20-15:40
8	<b>Disability Women</b> 1-8		<b>LEVEL 4 MEN</b> 1-8	<b>LEVEL 5 MEN</b> 1-8	<b>FIG LEVEL WOMEN</b> 1-6
	Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 One-Touch 15:55-16:00 Compete 16:00-16:20		Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 One-Touch 15:55-16:00 Compete 16:00-16:20	Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 One-Touch 15:55-16:00 Compete 16:00-16:20	Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 Two-Touch 15:55-16:00 Compete 16:00-16:20
9		<b>LEVEL 3 WOMEN</b> 1-8	<b>LEVEL 3 MEN</b> 1-8		<b>FIG LEVEL MEN</b> 1-8
		Assemble 16:10-16:20 March On 16:20-16:25 Warm Up 16:25-16:35 One-Touch 16:35-16:40 Compete 16:40-17:00	Assemble 16:10-16:20 March On 16:20-16:25 Warm Up 16:25-16:35 One-Touch 16:35-16:40 Compete 16:40-17:00	Assemble 16:10-16:20 March On 16:20-16:25 Warm Up 16:25-16:35 One-Touch 16:35-16:40 Compete 16:40-17:00	Assemble 16:10-16:20 March On 16:20-16:25 Warm Up 16:25-16:35 Two-Touch 16:35-16:40 Compete 16:40-17:00

MEDALLIST ASSEMBLY 16:50 - 17:10

MEDAL CEREMONY 17:10 - 17:45

# SUNDAY TIMETABLE

FLIGHT	TRA				DMT
	PANEL 1	PANEL 2	PANEL 3	PANEL 4	PANEL 5
1	<b>SYNCHRONISED 1</b> 1-12	<b>LEVEL 1 WOMEN</b> 1-12	<b>LEVEL 2 WOMEN</b> 1-12	<b>LEVEL 2 MEN</b> 1-12	
	Warm Up 08:30-08:55 One-Touch 08:55-09:05 Compete 09:05-09:40	Warm Up 08:30-08:50 One-Touch 08:50-09:00 Compete 09:00-09:40	Warm Up 08:30-08:50 One-Touch 08:50-09:00 Compete 09:00-09:40	Warm Up 08:30-08:50 One-Touch 08:50-09:00 Compete 09:00-09:40	Warm Up 08:30-08:50 One-Touch 08:50-09:00 Compete 09:00-09:40
2	<b>SYNCHRONISED 1</b> 13-24	<b>LEVEL 1 WOMEN</b> 13-25	<b>LEVEL 2 WOMEN</b> 13-24	<b>LEVEL 2 MEN   PERFORMANCE WOMEN</b> 13-15   1-9	<b>LEVEL 2 MEN   LEVEL 3 MEN</b> 1-6   1-5
	Warm Up 09:40-10:05 One-Touch 10:05-10:15 Compete 10:15-10:55	Warm Up 09:40-10:00 One-Touch 10:00-10:10 Compete 10:10-10:55	Warm Up 09:40-10:00 One-Touch 10:00-10:10 Compete 10:10-10:55	Warm Up 09:40-10:00 One-Touch 10:00-10:10 Compete 10:10-10:55	Warm Up 09:40-10:00 One-Touch 10:00-10:10 Compete 10:10-10:55
3	<b>LEVEL 1 MEN</b> 1-9	<b>LEVEL 1 WOMEN</b> 26-38	<b>LEVEL 2 WOMEN</b> 25-36	<b>PERFORMANCE WOMEN</b> 10-22	<b>LEVEL 3 WOMEN</b> 1-11
	Warm Up 10:55-11:15 One-Touch 11:15-11:20 Compete 11:20-11:55	Warm Up 10:55-11:15 One-Touch 11:15-11:20 Compete 11:20-11:55	Warm Up 10:55-11:15 One-Touch 11:15-11:20 Compete 11:20-11:55	Warm Up 10:55-11:15 One-Touch 11:15-11:20 Compete 11:20-11:55	Warm Up 10:55-11:15 One-Touch 11:15-11:20 Compete 11:20-11:55
4	<b>LEVEL 1 MEN   PERFORMANCE MEN</b> 10-12   1-7	<b>FIG LEVEL MEN</b> 1-10	<b>FIG LEVEL WOMEN</b> 1-8	<b>PERFORMANCE WOMEN</b> 23-34	<b>LEVEL 2 WOMEN</b> 1-13
	Warm Up 11:55-12:15 One-Touch 12:15-12:20 Compete 12:20-12:55	Warm Up 11:55-12:15 One-Touch 12:15-12:20 Compete 12:20-12:55	Warm Up 11:55-12:15 One-Touch 12:15-12:20 Compete 12:20-12:55	Warm Up 11:55-12:15 One-Touch 12:15-12:20 Compete 12:20-12:55	Warm Up 11:55-12:15 One-Touch 12:15-12:20 Compete 12:20-12:55
5	<b>PERFORMANCE MEN</b> 8-17	<b>FIG LEVEL MEN</b> 11-20	<b>FIG LEVEL WOMEN</b> 9-16		
	Warm Up 12:55-13:15 One-Touch 13:15-13:20 Compete 13:20-13:55	Warm Up 12:55-13:15 One-Touch 13:15-13:20 Compete 13:20-13:55	Warm Up 12:55-13:15 One-Touch 13:15-13:20 Compete 13:20-13:55		

## LUNCH

6

## BUCS KNOCKOUT

14:30 - 15:30

## FINALS

7	<b>LEVEL 1 MEN</b> 1-8	<b>LEVEL 1 WOMEN</b> 1-8	<b>LEVEL 2 WOMEN</b> 1-8	<b>LEVEL 2 MEN</b> 1-8
	Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 One-Touch 15:55-16:00 Compete 16:00-16:10	Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 One-Touch 15:55-16:00 Compete 16:00-16:10	Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 One-Touch 15:55-16:00 Compete 16:00-16:10	Assemble 15:30-15:40 March On 15:40-15:45 Warm Up 15:45-15:55 One-Touch 15:55-16:00 Compete 16:00-16:10
8	<b>PERFORMANCE MEN</b> 1-8	<b>FIG LEVEL MEN</b> 1-8	<b>FIG LEVEL WOMEN</b> 1-8	<b>PERFORMANCE WOMEN</b> 1-8
	Assemble 16:00-16:10 March On 16:10-16:15 Warm Up 16:15-16:25 One-Touch 16:25-16:30 Compete 16:30-16:40	Assemble 16:00-16:10 March On 16:10-16:15 Warm Up 16:15-16:25 One-Touch 16:25-16:30 Compete 16:30-16:40	Assemble 16:00-16:10 March On 16:10-16:15 Warm Up 16:15-16:25 One-Touch 16:25-16:30 Compete 16:30-16:40	Assemble 16:00-16:10 March On 16:10-16:15 Warm Up 16:15-16:25 One-Touch 16:25-16:30 Compete 16:30-16:40

MEDALLIST ASSEMBLY 16:40 - 16:50

MEDAL CEREMONY 16:50 - 17:30