

MILLENNIUM CUP 2005

Final Schedule of Competition

Location: Capilano College Sportsplex, North Vancouver 2055 Purcell Way, North Vancouver, BC

Phone: 604-986-1911

Take Exit 22 off the Trans-Canada Hwy. Proceed up the hill on Lillooet Rd to Main Entrance on Purcell Way – take a right turn and the gym is straight ahead. Short term parking in front of gym and longer term at back.

Friday, May 20th	Saturday, May 21st	Sunday, May 22nd
8-12:00 noon Gym Set Up *Teams turn in Scripts	8-9am Warmup for Provincial Child, Novice, Junior, Senior	8-9:00am Warmup for Provincial Novice, Junior, Senior & Nat Pre Novice/Nat Novice
9:30-11:00am Out of town training 11:00-12:00noon Level 1 Warmup 12:00noon All Gymnasts/Teams Ready For Opening Ceremonies 12:15pm Opening Ceremonies	9:00-10:30am Provincial Child, Novice, Junior, Senior 2 events 10:30-10:45 National Groups 10:45-11:00Break 11:00-1:30pm National Pre-Novice and Novice Compete First two routines	9:00am-9:30am Provincial Novice, Junior, Senior 1 event 9:30-10:45 National Pre-Novice & National Novice 10:45-11:00am Break 11:00-12:00pm National Novice
12:30pm Level 1 Rope Compete 1:45pm Judges Lunch 2:15pm Level 1 Free Compete	1:30-2:15pm Lunch 1:30-2:15pm Jr/Sr Warmup	12:00-12:30pm Lunch 12:00-12:30 Jr/Sr Warmup
4:15-4:30pm Break 4:30pm Level 2 Novice, Junior, Senior Compete 3 events 6:00pm Provincial Child Compete Rope	2:15-3:15pm Junior Rope 3:15-4:15pm Senior Rope 4:15-4:30pm Break 4:30-5:30pm Junior Hoop 5:30-6:30pm Senior Ball	12:30-1:45pm Junior Clubs 1:45-2:45pm Senior Ball 2:45-3:00pm Break 3:00-4:00pm Junior Ribbon 4:00-5:00pm Senior Ribbon
6:15-7:30pm Dinner Break 6:15-7:30pm Groups Warm Up 7:30-8:30pm Provincial & National Groups Compete	8:30-10:30pm Buffet Dinner at the Holiday Inn for Gymnast (Restaurant) Coaches/Judges/Parents (Lillooet Room)	5:15-5:30 Closing Ceremonies March Out 5:30-6:30pm Awards All Levels & Groups 6:30-7:30pm Cleanup