

Time	Activity - Thursday, August 11
07:00-08:30	Arena open for athletes who are competing today
08:30-08:34	Warm up junior woman from 1-11
08:35-08:39	Warm up senior woman from 1-11
08:40-08:44	Warm up junior woman from 12-21
08:45-08.49	Warm up senior woman from 12-21
08.50-08:55	Clean the floor + announce of the judges
09:00-10:15	Comp/Short junior and senior woman from 1-21
10:20-10:24	Warm up junior woman from 22-31
10:24-10:28	Warm up senior woman from 22-31
10:28-10:32	Warm up junior woman from 32-41
10:32-10:36	Warm up senior woman from 32-36
10:40-10:45	Clean the floor
10:50-12:00	Comp/Short junior and senior woman from 22-36/41
12:00-12:20	Break
12:20-12:24	Warm up senior men 1-8
12:24-12:28	Warm up junior men 1-8
12:28-12:32	Warm up senior men 9-15
12:32-12:36	Warm up junior men 9-11
12:40-12:50	Clean the floor + announce of the judges
12:50-13:50	Comp/Short junior and senior men 1-11/15
13:50-14:00	Break
14:00-14:05	Warm up junior pair from 1-7
14:05-14:10	Warm up senior pair from 1-7
14:10-14:15	Warm up junior pair from 8-14
14:15-14:20	Warm up senior pair from 8-13
14:20-14:30	Clean the floor + announce of the judges
14:00:16:45	Preliminary Jr/Sr Pairs
17:00-19:15	Arena open for practice for all the freestyle, to be organised



Time	Activity - Friday, August 12
07:00-08:30	Arena open for athletes who are competing today
08:30-08:35	Warm up junior woman from 1-14
08:35-08:40	Warm up senior woman from 1-14
08.40-09:00	Clean the floor + announce of the judges
09:00-11:20	Preliminary freestyle Jr/Sr woman, 1 group from 1-14
11:25-11:30	Warm up junior woman from 15-28
11:30-11:35	Warm up senior woman from 15-28
11:35-11:40	Clean the floor
11:45-14:05	Preliminary freestyle Jr/Sr woman, 2 group from 15-28
14:10-14:15	Warm up junior woman from 29-41
14:15-14:20	Warm up senior woman from 29-36
14:20-14:30	Clean the floor
14:30-16:15	Preliminary freestyle Jr/Sr woman, 3 group from 29-36/41
16:15-16:45	Break / free warm up for men
16:45-16:50	Warm up senior men 1-6
16:50-16:55	Warm up junior men 1-6
16:55-17:00	Clean the floor + announce of the judges
17:00-18:00	Preliminary freestyle Jr/Sr men, 1 group from 1-6
18:00-18:05	Warm up senior men 7-15
18:05-18:10	Warm up junior men 7-11
18:10-18:15	Clean the floor
18:20-19:30	Preliminary freestyle Jr/Sr men, 2 group from 7-11/15
19:45-20:30	Arena open for practice for all the freestyle and teams



Time	Activity - Saturday, August 13
07:00-08:30	Arena open for athletes who are competing today
08:30-09:15	Warm up teams (4 minutes each )
09:15-09:25	Clean the floor + announce of the judges
09:30-10:50	Preliminary Team Competition 1-11
10:50-11:15	Break / Free practice for Junior and Senior woman
11:15-11:20	Warm up junior woman from 1-7
11:20-11:25	Warm up senior woman from 1-7
11:25-11:30	Clean the floor
11:30-12:40	Semi-final Jr/Sr woman, 1 seed 1-7
12:45-12:50	Warm up junior woman from 8-14
12:50-12:55	Warm up senior woman from 8-14
12:55-13:00	Clean the floor
13:00-14:10	Semi-final Jr/Sr woman, 2 seed 8-14
14:15-14:20	Warm up junior woman from 15-20
14:20-14:25	Warm up senior woman from 15-20
14:25-14:30	Clean the floor
14:30-15:40	Semi-final Jr/Sr woman, 3 seed 15-20
15:40-16:00	Break / Free practice for Senior men
16:00-16:05	Warm up senior men 1-6
16:05-16:10	Warm up senior men 7-12
16:10-16:15	Clean the floor
16:15-17:15	Senior men semi-final competition
17:30-18:30	Open floor for all finalists to be organised



Time	Activity - Sunday, August 14
07:30-08:00	Arena opens - Floor open for practice
08:00-08:20	Floor open for practice: Freestyle
08:20-08:40	Floor open for practice: Pairs
08:40-09:00	Floor open for practice: Teams
09:10-09:15	Warm up Junior woman 1-10
09:15-09:20	Warm up Junior men 1-6
09:20-09:25	Clean the floor
09:30-10:50	Finals Junior woman & Junior men, Freestyle
10:55-11:00	Warm up senior woman from 1-10
11:00-11:05	Warm up senior men from 1-10
11:05-11:10	Clean the floor
11:15-12:50	Finals Senior woman & Senior men, Freestyle
12:50-13:10	Break / Free practice for Pairs
13:10-13:15	Warm up Junior Pair 1-6
13:15-13:20	Warm up Senior Pair 1-6
13:20-13:30	Clean the floor
13:30-14:30	Finals Junior & Senior Pairs
14:35-15:00	Warm up Teams 1-6 (4 minutes each)
15:00-15:10	Clean the floor
15:15-16:00	Finals Team
16:00-16:30	Preparations for Awards Ceremony
16:30:18:00	Awards Ceremony
18:15-19:30	Closing Ceremony