



## Titans Invitational 2014 Schedule

**Girls Warm-ups:** All warm up 2, compete 1

Level 1: 1 min beam, bars, 3 mins floor, 2 vault

Level 2+: 90 sec beam & bars. 4 mins floor, 3 vaults (4 if salto)

**Boys Warm-ups:** NS style warm-up and compete

### **Friday January 10<sup>th</sup>:**

Session 1: BOYS Level 1 U10, Level 1 U12, Level 1 12+,  
Level 2 U10, Level 2 U12

Competition: 8:00-11:30am (Continuous Rotation format)

Session 2: BOYS Provincial 3 U13, Provincial 3 13+, Elite 3  
GIRLS Argo 2, Argo 3, Open 2

Warm-up: 12:00-12:20pm

Competition: 12:30-4:00 (Continuous Rotation format)

Session 3: BOYS Provincial 4 U13, Provincial 4 13+,  
Provincial 5, Elite 4, Open 5

GIRLS Novice 2, Novice 3

Warm-up: 4:30-4:50pm

Competition: 5:00 -9:00pm (Continuous Rotation format)

### **Saturday January 11<sup>th</sup>:**

Session 4: GIRLS All Level 1

Warm-up: 7:30-7:50am

Competition: 8:00-11:30am (Continuous Rotation format)

Session 5: GIRLS Tyro 2, Open 3

Warm-up: 12:30-12:50

Competition: 1:00-4:30 (Continuous Rotation format)

Session 6: GIRLS All level 4, Tyro 3, Open 5, National Open, PNN

Warm-up: 5:00-5:20pm

Competition: 5:30-8:30pm (Continuous Rotation format)