



Gymnastics Nova Scotia 2025 Provincial Championships Schedule

Version 2:

Friday April 4th 2025		
Session 1	MAG: P1, P2, P3, Provincial Open 42 Athletes WAG: Open 7	Warmup: 7:30- 7:45am Competition: 7:45- 10:15(WAG), 10:50 (MAG) Awards: 10:50- 11:30am
Session 2	MAG: Aspire, National, Open, Junior, Senior (18 athletes) WAG: CCP 9, CCP 10, HP Novice, HP Junior, HP Senior (17 athletes)	Warmup: 12:00- 12:20pm Competition: 12:20- 3:45 Awards: 3:45- 4:10
Session 3	WAG: Argo 6 (1), Tyro 6 (17), Novice 6 (21), Open 6 (14), Tyro 7 (7)	4:30- 4:45pm: General Warmup 4:45- 8:15: Competition 8:15- 8:45pm Awards

Saturday April 5th 2025		
Session 4	WAG: Xcel Gold (40), Platinum (6), Diamond (1) all ages, Xcel Silver Argo (8)	Warmup: 7:30- 7:45am Competition: 7:45- 10:00am Awards: 10:00- 10:30am
Session 5	WAG: Argo 3 (17), Tyro 4 (14), Novice 4 (3), Open 4 (1), CCP 5 all ages (11)	Warmup: 11:00- 11:15am Competition: 11:15- 1:35pm Awards: 1:35- 2:05
Session 6	WAG: Argo 4 (21), Novice 7 (8), CCP 8 all ages (11)	Warmup: 2:30- 2:45pm Competition: 2:45- 5:15pm Awards: 5:15- 5:40pm
Session 7	WAG: Tyro 3 (21), Novice 3(3), Xcel Silver Tyro (19), Xcel Silver Novice (13)	Warmup: 6:00- 6:15pm Competition: 6:15- 8:55pm Awards: 8:55- 9:20pm