

2017 National Acro Cup & Aerobics Invitational

As of May 16th 2017

Friday, May 26th

Version 1.0

Gym Location: Glen Abbey Community Centre, 1415 Third Line, Oakville, ON, L6M 3G2

Note: All admissions will be cash only.

Time	Event	Club/Country
9:00am-10:00am	Training Session for FIG Levels on the Warm Up Floor and the Competition Floor	Oakville 1 AG 1 (6 units)
10:00am-11:00am		Oakville 2 AG 2 & Junior (5 units)
11:00am-12:00pm		USA 1 AG 1 (4 units)
12:00pm-1:00pm		USA 2 AG 2 (3 units)
1:00pm-2:00pm		Okanagan (4 units)
2:00-3:00pm		Quebec Performance (3 units)
3:00-4:00pm		OPEN TRAINING SESSION
4:00-4:30	Orientation Meeting - Coaches/Judges/Official/Meet Organizers	
4:30-5:00	Judge's Meeting - All Judges	

Time	Duration	Event	Flight #	Category/Gender	Level	Age	Exercise Type	Names	Club	
5:00-5:15	15	Registration for Athletes	FLIGHT 1	AE1	Aerodance	Individual	Varsity	Provincial	Jenna McCafferty	Saltos
5:15-5:55	40	general stretch & routine prep <i>includes routine warm-up</i> <i>Flight 1 may use stretch area, warm up floor or competition floor</i>		AC1D	Acro Women Group	FIG Junior	OPEN	Dynamic	Charlotte Penner/Erin Oswald/Alexandra D'Souza	Oakville
				AE2	Aerodance	Individual	Varsity	Provincial	Tia Pandohie	Brantford
				AC2D	Acro Women Group	FIG AG 2	OPEN	Dynamic	Olivia Struble/Micah Whiteman/Marisa Gatson	EAGC
				AE3	Aerodance	Individual	Varsity	Provincial	Kaella McCracken	Saltos
5:40-5:55	15	Open Ceremonies Anthem Announcements		AC3D	Acro Women Group	FIG AG 2	OPEN	Dynamic	Allison Attard/Ally Swanepoel/Emma Shemko	Oakville
				AE4	Aerodance	Individual	Varsity	Provincial	Madeline Elliott	Brantford
				AC4D	Acro Women Group	FIG AG 2	OPEN	Dynamic	Jessica Mendoza-Fabre/Alyssa Morris/Ansey Gravink	AerialTA
5:55-5:57	2	Salute to Judges		AE5	Aerodance	Individual	Varsity	Provincial	Eva Aragian	WorldClass
5:57-6:42	45	Competition Floor - compete		AC5D	Acro Women Group	FIG AG 2	OPEN	Dynamic	Kiara Kacvinsky/Ashlee Chan/Kiana Wilson	Oakville
				AE6	Aerodance	Individual	Varsity	Provincial	Natalie Bergey	Brantford
				AC6D	Acro Mixed Pair	FIG AG 2	OPEN	Dynamic	Emelia Ceconi/Keenan Beaumont	Oakville

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5:47-6:02	15	Registration for Athletes	FLIGHT 2	AC7B	Acro Women Pair	FIG AG 2	OPEN	Balance	Sarah Ardantz/Analiese Feuerstein	Legacy
6:02-6:12	10	Stretch Floor - running & stretching		AE7	Aerodance	Group	Junior	Provincial	Sumerta/T.Pandohie/Cabral/Lawrence/DaSilve	Brantford
				AC8B	Acro Women Pair	FIG AG 2	OPEN	Balance	Juliana Summers/Mikaela Pingol	Oakville
6:12-6:42	30	Warm Up Floor <i>includes routine warm-up</i>		AE8	Aerodance	Group	Junior	Provincial	A.Labelle/T.Labelle/Oakes/Bova-Moodie/McCraken	Saltos
				AC9D	Acro Men Pair	AG1	OPEN	Dynamic	Kristian Diana/Max Hendershot	Oakville
6:42-6:44	2	Salute to Judges		AE9	Aerodance	Individual	Junior	DEMO	Caitlyn Dean	Saltos
6:44-7:19	35	Competition Floor - compete		AC10B	Acro Mixed Pair	FIG AG 1	OPEN	Balance	Mila DiSalle/Theo Rots-Chan	Oakville
			AD10	Aerodance	Individual	Junior	DEMO	Emma Dolinki	Saltos	
			AC11B	Acro Mixed Pair	FIG AG 1	OPEN	Balance	Leann Gingras/Mathieu Lamontagne	QuePer	
6:24-6:39	15	Registration for Athletes	FLIGHT 3	AC12D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Natalia Johnson/Charli Hall	Okanagan
6:39-6:49	10	Stretch Floor - running & stretching		AC13D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Kyra Dowling/Angelina Gardner	SanAntonio
				AC14D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Anabel Ceconi/Beth Downie	Oakville
6:49-7:19	30	Warm Up Floor <i>includes routine warm-up</i>		AC15D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Brie-Lynn Sargeant/Megan Bailie	Okanagan
				AC16D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Mira Boubou/Vanessa Nunez	Oakville
7:19-7:21	2	Salute to Judges		AC17D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Veronika Tenenbaum/Julia Nisevich	Paramount
7:21-7:56	35	Competition Floor - compete		AC18D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Ava Clark/Sara Ross	Okanagan
			AC19D	Acro Women Pair	FIG AG 1	OPEN	Dynamic	Ryenn Gonzales/Abigail Rosilier	SanAntonio	
7:01-7:16	15	Registration for Athletes	FLIGHT 4	AE11	Aerodance	Individual	Varsity	National	Jane Fox	WorldClass
7:16-7:26	10	Stretch Floor - running & stretching		AC20B	Acro Women Group	FIG AG 1	OPEN	Balance	Olivia Beram/Sydney White/Marie-Eve Charette	Oakville
				AE12	Aerodance	Individual	Varsity	National	Grace Tiffany	Brantford
7:26-7:56	30	Warm Up Floor <i>includes routine warm-up</i>		AC21B	Acro Women Group	FIG AG 1	OPEN	Balance	Logan Freed/Rachel Watts/Delaney Freed	EAGC
				AE13	Aerodance	Individual	Varsity	National	Mikayla Mignano	WorldClass
7:56-7:58	2	Salute to Judges		AC22B	Acro Women Group	FIG AG 1	OPEN	Balance	Lola Gray/Piper Lafayette/Cassandra Lerner	Oakville
7:58-8:33	35	Competition Floor - compete		AE14	Aerodance	Individual	Varsity	National	Elissa Tantarú	WorldClass
			AC23B	Acro Women Group	FIG AG 1	OPEN	Balance	Claudia Cote-Salmeron/Emilie Claveau/Audrey-Rose Vezina	QuePer	
			AE15	Aerodance	Trio	Junior	DEMO	Simpson/McDonald/Dean		

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7:38-7:53	15	Registration for Athletes	FLIGHT 5	AE16	Aerodance	Trio		Junior	Jessica Dolinki/Jamieson/Allen	Saltos	
7:53-8:03	10	Stretch Floor - running & stretching		AE17	Aerodance	Trio			Junior	Fazarri/Aragian/K.Fox	WorldClass
				AC24B	Acro Men Pair	FIG AG 2	OPEN	Balance	Carl-Olivier Valin Lemay/Francis-Olivier Girard	QuePer	
8:03-8:33	30	Warm Up Floor <i>includes routine warm-up</i>		AE18	Aerodance	Trio			Varsity	Elsaadi/B.Pandohie/Elliott	Brantford
				AC25B	Acro Men Pair	FIG AG 2	OPEN	Balance	Jacob Wong/Jackson Peters	Okanagan	
8:33-8:35	2	Salute to Judges		AE19	Aerodance	Trio			Varsity	T.Labelle/Oakes/McCafferty	Saltos
8:35-8:55	20	Competition Floor - compete									

NO AWARDS

Awards for All Friday routines will take place on Saturday during Awards Session 1

9:30pm-11:00pm

Coaches and Official Social at Holiday Inn

Room location TBD

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Time	Duration	Event	Flight #	Category/Gender	Level	Age	Exercise Type	Names	Club	
8:05-8:20	15	Registration for Athletes	FLIGHT 6	AE20	Aerobics	Individual	Age Group 1	Provincial	Maria Bradley	WorldClass
8:20-9:00	40	general stretch & routine prep <i>includes routine warm-up</i>		AE21	Aerobics	Individual	Age Group 1	Provincial	Olivia Kirkham	Saltos
<i>Flight 1 may use stretch area, warm up floor or competition floor</i>				AC26	Acro Men Group	Level 5	8 - 15		Paul Espanyo/Michael Jiang/Feroz Ajmal/Jayden Rots-Chan	Oakville
				AE22	Aerobics	Individual	Age Group 1	Provincial	Amalie Henze	Brantford
				AE23	Aerobics	Individual	Age Group 1	Provincial	Kearah Tavares	Saltos
				AC27	Acro Men Group	Level 5	8 - 15		Jan Espanyo/Michael Espanyo/Mikka Johannsen/Antonio Sanchez	Oakville
9:00-9:08	8	Welcome & Announcements Anthem Amanda Silcoff singing national anthems		AE24	Aerobics	Individual	Age Group 1	Provincial	Julia Miller	WorldClass
				AE25	Aerobics	Individual	Age Group 1	Provincial	Fiona Bechtold	Brantford
9:08-9:10	2	Salute to Judges		AC28	Acro Mixed Pair	Level 5	8 - 15		Victoire Verreault/Thomas Savard	QuePer
9:10-9:50	40	Competition Floor - compete		AE26	Aerobics	Individual	Age Group 1	Provincial	Ava Jamieson	Saltos
			AC29	Acro Mixed Pair	Level 5	8 - 15		Jorden Diana/Matteo Sanchez	Oakville	
			AE27	Aerobics	Individual	Age Group 1	Provincial	Alliyah Borrowman	Saltos	
8:55-9:10	15	Registration for Athletes	FLIGHT 7	AC30	Acro Men Pair	Level 5	8 - 15		Jan Espanyo/Feroz Ajmal	Oakville
9:10-9:20	10	Stretch Floor - running & stretching		AE28	Aerodance	Trio	Varsity	National	Jetleb/Bergey/Tiffany	Brattford
				AC31	Acro Men Pair	Level 5	8 - 15		Ethan Provost/Christophe Sabat	Oakville
9:20-9:50	30	Warm Up Floor <i>includes routine warm-up</i>		AE29	Aerodance	Trio	Varsity	National	Marsillo/Cook/Mignano	WorldClass
				AC32	Acro Men Pair	Level 5	8 - 15		Michael Jiang/Matteo Sanchez	Oakville
9:50-9:52	2	Salute to Judges								
9:52-10:12	20	Competition Floor - compete								

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9:17-9:32	15	Registration for Athletes	FLIGHT 8	AC33	Acro Women Pair	Level 5	8 - 15	Group 1	Avery Walter/Samantha Hogan	De L'Ille
9:32-9:42	10	Stretch Floor - running & stretching		AC34	Acro Women Pair	Level 5	8 - 15	Group 1	Maayan Salamo/Danica Pejic	EastYork
9:42-10:12	30	Warm Up Floor <i>includes routine warm-up</i>		AE30	Aerodance	Group	Varsity	National	Patterson/Horsfall/Graham/Hustins/Kilpatrick/Allen	Saltos
				AC35	Acro Women Pair	Level 5	8 - 15	Group 1	Julianna Della Rocca/Tyannah Challenger	De L'Ille
10:12-10:14	2	Salute to Judges		AC36	Acro Women Pair	Level 5	8 - 15	Group 1	Cosima Ceconi/Isla Sheridan-Jordan	Oakville
				AE31	Aerodance	Group	Varsity	National	Fonesca/Turbitt/Cameron/Fox/Reeves	WorldClass
10:14-10:54	40	Competition Floor - compete		AC37	Acro Women Pair	Level 5	8 - 15	Group 1	Raphaelle-Lilly Masson/Sara Naylor	De L'Ille
				AC38	Acro Wome Pair	Level 5	8 - 15	Group 1	Annaelise Hill/Noella Campigotto	GBPGA
				AE32	Aerodance	Group	Varsity	National	O'Collin/Whiting/Neil/Mulville/Hansen/Jordan	Saltos
				AC39	Acro Women Pair	Level 5	8 - 15	Group 1	Marie-Luce Ouellette-Plumail/Anne-Samuel Demers	QuePer
9:59-10:14	15	Registration for Athletes	FLIGHT 9	AC40	Acro Women Pair	Level 5	8 - 15	Group 2	Andre-Anne Leger/Bianca Boucher	De L'Ille
10:14-10:24	10	Stretch Floor - running & stretching		AE33	Aerobics	Individual	Age Group 1	Nat Novice	Jenna Nolan	WorldClass
10:24-10:54	30	Warm Up Floor <i>includes routine warm-up</i>		AC41	Acro Women Pair	Level 5	8 - 15	Group 2	Natalie Rouse/Suriya Campigotto	GBPGA
				AE34	Aerobics	Individual	Age Group 1	Nat Novice	Callista Blair	Brantford
10:54-10:56	2	Salute to Judges		AC42	Acro Women Pair	Level 5	8 - 15	Group 2	Justine Yu/Riley Vathis	De L'Ille
				AE35	Aerobics	Individual	Age Group 1	Nat Novice	Monique Rajcak	WorldClass
10:56-11:46	50	Competition Floor - compete		AC43	Acro Women Pair	Level 5	8 - 15	Group 2	Danielle Lee/Mira Lam	EastYork
				AE36	Aerobics	Individual	Age Group 1	Nat Novice	Briana Pandohie	Brantford
				AC44	Acro Women Pair	Level 5	8 - 15	Group 2	Jessica Yehia-Joseph/Yael Pastel	De L'Ille
				AE37	Aerobics	Individual	Age Group 1	Nat Novice	Brigitte Browett	WorldClass
			AC45	Acro Women Pair	Level 5	8 - 15	Group 2	Annie Wolfond/Paulina Adamopoulos	EastYork	
			AC46	Acro Women Pair	Level 5	8 - 15	Group 2	Raphaelle Levesque/Gwanaelle Carisey-Bidon	QuePer	
			AC47	Acro Women Pair	Level 5	8 - 15	Group 2	Chloe Fiore/Sophia Avila	EastYork	
12:00-12:25	25	AWARDS SESSION 1	Friday and Saturday Morning Awards							

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11:35-11:50	15	Registration for Athletes	FLIGHT 10	Aerobics	Individual	9-11yrs	Provincial	Molli Barber	Saltos	
11:50-12:00	10	Stretch Floor - running & stretching		AC48	Acro Women Group	Level 5	8 - 15	Group 1	Jorden Diana/Skyla Vince/Amytis Damad	Oakville
				AE39	Aerobics	Individual	9-11yrs	Provincial	Clara Olney	Saltos
12:00-12:30	30	Warm Up Floor <i>includes routine warm-up</i>		AC49	Acro Women Group	Level 5	8 - 15	Group 1	Kiara Del Gobbo/Carla Bulgaru/Maryam Buzimkic	Manjaks
				AE40	Aerobics	Individual	9-11yrs	Provincial	Anjali Sumerta	Brantford
12:30-12:32	2	Salute to Judges		AC50	Acro Women Group	Level 5	8 - 15	Group 1	Benesha Katalay/Ranim Khamisse/Sankisha Katalay	De L'Ille
12:32-1:27	55	Competition Floor - compete		AE41	Aerobics	Individual	9-11yrs	Provincial	Zoey Hanmer	Saltos
				AC51	Acro Women Group	Level 5	8 - 15	Group 1	Madison Manning/Anna Terwindt/Payton Morel	Oakville
				AE42	Aerobics	Individual	9-11yrs	Provincial	Sophia Levac	Saltos
				AC52	Acro Women Group	Level 5	8 - 15	Group 1	Anastasia Luca/Sarah Belmessabih/Cezara Malevan	AcroDiv
				AE43	Aerobics	Individual	9-11yrs	Provincial	Bethany Lawrence	Brantford
				AC53	Acro Women Group	Level 5	8 - 15	Group 1	Cassidy Quinn/Sara Meneses/Gabrielle Nunez	Oakville
				AE44	Aerobics	Individual	9-11yrs	Provincial	Mae-Ling Miller	Saltos
				AE45	Aerobics	Individual	9-11yrs	Provincial	Jerica DaSilva	Brantford
				AE46	Aerobics	Individual	9-11yrs	Provincial	Jessica Dolinki	Saltos
12:32-12:47	15	Registration for Athletes		FLIGHT 11	Acro Women Group	Level 5	8 - 15		Felicity Ho/Jessica Yehia-Joseph/Mackenzie Keef Bateman	De L'Ille
12:47-12:57	10	Stretch Floor - running & stretching	AE47		Aerobics	Trio	9-14yrs		Kirkham/Tavares/Gray	Saltos
			AC55		Acro Women Group	Level 5	8 - 15		Julia Overton/Hannah Gilmore/Addison Felhaver	Olympia
12:57-1:27	30	Warm Up Floor <i>includes routine warm-up</i>	AC56		Acro Women Group	Level 5	8 - 15		Rylan Maheu/Natalie Ellis/Olivia Boffo	EastYork
			AE48		Aerobics	Group	9-14yrs		Ford-Landu/Bala/Leake/Gris/Steller/Trebbles	WorldClass
1:27-1:29	2	Salute to Judges	AC57		Acro Women Group	Level 5	8 - 15		Anastasia Khazanski/Asha Katsichtis/Dalia Shaw	AcroDiv
1:29-2:04	35	Competition Floor - compete	AC58		Acro Women Group	Level 5	8 - 15		Alexiane Guignard/Gwanaelle Carisey-Bidon/Anne-Samuel Demers	QuePer
			AE49		Aerobics	Group	9-14yrs		O'Leary/Gunn/Carr/Bradley/Ribas-Molina/McCarroll	WorldClass
			AC59		Acro Women Group	Level 5	8 - 15		Renata Seyfetdinova/Alisa Sokolik/Oceane Therrien	Acroshka

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Time	Duration	Event	Flight #	Category/Gender	Level	Age	Exercise Type	Names	Club	
1:09-1:24	15	Registration for Athletes	FLIGHT 12	AC60	Acro Women Pair	Level 6	8 - 15	Group 2	Amy Partington/Clare Partington	De L'Ille
1:24-1:34	10	Stretch Floor - running & stretching		AC61	Acro Women Pair	Level 6	8 - 15	Group 2	Addison Felhaver/Miller Lee	Olympia
1:34-2:04	30	Warm Up Floor <i>includes routine warm-up</i>		AC62	Acro Women Pair	Level 6	8 - 15	Group 2	Kali-Marie Potts/Sophia Avila	EastYork
				AC63	Acro Women Pair	Level 6	8 - 15	Group 2	Capucine Jules/Sarah-Michelle MacNab	De L'Ille
2:04-2:06	2	Salute to Judges		AC64	Acro Women Pair	Level 6	8 - 15	Group 2	Emma Hickey/Katie Merifield	Olympia
2:06-2:31	25	Competition Floor - compete		AC65	Acro Women Pair	Level 6	8 - 15	Group 2	Laurie-Eve Castonguay/Florence Livingston	De L'Ille
1:36-1:51	15	Registration for Athletes	FLIGHT 13	AE50	Aerobics	Individual	9-11yrs	Nat Novice	Juliana Skaljin	WorldClass
1:51-2:01	10	Stretch Floor - running & stretching		AC23D	Acro Women Group	FIG AG 1	OPEN	Dynamic	Claudia Cote-Salmeron/Emilie Claveau/Audrey-Rose Vezina	QuePer
2:01-2:31	30	Warm Up Floor <i>includes routine warm-up</i>		AE51	Aerobics	Individual	9-11yrs	Nat Novice	Quinn Proctor	WorldClass
				AC20D	Acro Women Group	FIG AG 1	OPEN	Dynamic	Olivia Beram/Sydney White/Marie-Eve Charette	Oakville
2:31-2:33	2	Salute to Judges		AE52	Aerobics	Individual	9-11yrs	Nat Novice	Kaila Cabral	Brantford
2:33-3:08	35	Competition Floor - compete		AC21D	Acro Women Group	FIG AG 1	OPEN	Dynamic	Logan Freed/Rachel Watts/Delaney Freed	EAGC
				AE53	Aerobics	Individual	9-11yrs	Nat Novice	Vanessa Ross	WorldClass
				AC22D	Acro Women Group	FIG AG 1	OPEN	Dynamic	Lola Gray/Piper Lafayette/Cassandra Lamer	Oakville
			AE54	Aerobics	Individual	9-11yrs	Nat Novice	Jordan Dufresne	WorldClass	
2:13-2:28	15	Registration for Athletes	FLIGHT 14	AC9B	Acro Men Pair	AG1	OPEN	Balance	Kristian Diana/Max Hendershot	Oakville
2:28-2:38	10	Stretch Floor - running & stretching		AC10D	Acro Mixed Pair	FIG AG 1	OPEN	Dynamic	Mila DiSalle/Theo Rots-Chan	Oakville
2:38-3:08	30	Warm Up Floor <i>includes routine warm-up</i>		AC11D	Acro Mixed Pair	FIG AG 1	OPEN	Dynamic	Leann Gingras/Mathieu Lamontagne	QuePer
				AE55	Aerobics	Mixed Pair	Senior	National	Paige Guyatt/Elias Ellis	WorldClass
3:08-3:10	2	Salute to Judges								
3:10-3:25	15	Competition Floor - compete								

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2:30-2:45	15	Registration for Athletes	FLIGHT 15	AC16B	Acro Women Pair	FIG AG 1	OPEN	Balance	Mira Boubou/Vanessa Nunez	Oakville
2:45-2:55	10	Stretch Floor - running & stretching		AC19B	Acro Women Pair	FIG AG 1	OPEN	Balance	Ryenn Gonzales/Abigail Rosilier	SanAntonio
				AC14B	Acro Women Pair	FIG AG 1	OPEN	Balance	Anabel Ceconi/Beth Downie	Oakville
2:55-3:25	30	Warm Up Floor <i>includes routine warm-up</i>		AC15B	Acro Women Pair	FIG AG 1	OPEN	Balance	Brie-Lynn Sargeant/Megan Bailie	Okanagan
				AC13B	Acro Women Pair	FIG AG 1	OPEN	Balance	Kyra Dowling/Angelina Gardner	SanAntonio
3:25-3:27	2	Salute to Judges		AC17B	Acro Women Pair	FIG AG 1	OPEN	Balance	Veronika Tenenbaum/Julia Nisevich	Paramount
3:27-4:02	35	Competition Floor - compete		AC18B	Acro Women Pair	FIG AG 1	OPEN	Balance	Ava Clark/Sara Ross	Okanagan
			AC12B	Acro Women Pair	FIG AG 1	OPEN	Balance	Natalia Johnson/Charli Hall	Okanagan	
3:07-3:22	15	Registration for Athletes	FLIGHT 16	AC1B	Acro Women Group	FIG Junior	OPEN	Balance	Charlotte Penner/Erin Oswald/Alexandra D'Souza	Oakville
3:22-3:32	10	Stretch Floor - running & stretching		AC6B	Acro Mixed Pair	FIG AG 2	OPEN	Balance	Emelia Ceconi/Keenan Beaumont	Oakville
				AC7D	Acro Women Pair	FIG AG 2	OPEN	Dynamic	Sarah Ardantz/Analiese Feuerstein	Legacy
3:32-4:02	30	Warm Up Floor <i>includes routine warm-up</i>		AC8D	Acro Women Pair	FIG AG 2	OPEN	Dynamic	Juliana Summers/Mikaela Pingol	Oakville
				AC4B	Acro Women Group	FIG AG 2	OPEN	Balance	Jessica Mendoza-Fabre/Alyssa Morris/Ansey Gravink	AerialTA
4:02-4:04	2	Salute to Judges		AC2B	Acro Women Group	FIG AG 2	OPEN	Balance	Olivia Struble/Micah Whiteman/Marisa Gatson	EAGC
4:04-4:44	40	Competition Floor - compete		AC5B	Acro Women Group	FIG AG 2	OPEN	Balance	Kiara Kacvinsky/Ashlee Chan/Kiana Wilson	Oakville
			AC3B	Acro Women Group	FIG AG 2	OPEN	Balance	Allison Attard/Ally Swanepoel/Emma Shemko	Oakville	
			AC24D	Acro Men Pair	FIG AG 2	OPEN	Dynamic	Carl-Olivier Valin Lemay/Francis-Olivier Girard	QuePer	
			AC25D	Acro Men Pair	FIG AG 2	OPEN	Dynamic	Jacob Wong/Jackson Peters	Okanagan	
4:50-5:20	30	AWARDS SESSION 2								
6:00-7:30	1.5hr	Open Training for Sunday competitors only both competition gym and Oakville Gymnastics Club open for training								
7:30-9:30	2hrs	Coaches forum discussing the future of Acrobatic Gymnastics in Canada								

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Sunday, May 28th

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Time	Duration	Event	Flight #	Category/Gender	Level	Age	Exercise Type	Names	Club	
8:05-8:20	15	Registration for Athletes	FLIGHT 17	Aerobics	Individual	Age Group 2	National	Ashley Jordan	Saltos	
8:20-9:00	40	general stretch & routine prep <i>includes routine warm-up</i>		AC66	Acro Mixed Pair	Level 6	8 - 15		Emilie Pominville/Marcus Grandison	De L'Ille
<i>Flight 1 may use stretch area, warm up floor or competition floor</i>				AE57	Aerobics	Individual	Age Group 2	National	Keeley Turbitt	WorldClass
				AC67	Acro Mixed Pair	Level 6	8 - 15		Aubrey Tessarolo/Ethan Sousa	Oakville
				AE58	Aerobics	Individual	Age Group 2	National	Bailey Whiting	Saltos
				AC68	Acro Women Pair	Level 6	16+		Catherine Kielly/Jessica Lalonde	De L'Ille
9:00-9:08	8	Welcome & Announcements Anthem		AE59	Aerobics	Individual	Age Group 2	National	Sioma Fonesca	WorldClass
				AE60	Aerobics	Individual	Age Group 2	National	Romy Hansen	Saltos
9:08-9:10	2	Salute to Judges								
9:10-9:40	30	Competition Floor - compete								
8:45-9:00	15	Registration for Athletes	FLIGHT 18	Acro Women Group	Level 6	8 - 15		Naomi Haviland/Abbigale Abel/Sydney Nao	Manjaks	
9:00-9:10	10	Stretch Floor - running & stretching		AE61	Aerobics	Individual	Age Group 2	National	Tessa O'Collin	Saltos
9:10-9:40	30	Warm Up Floor <i>includes routine warm-up</i>		AC70	Acro Women Group	Level 6	8 - 15		Lea Kaufman/Carys Washer/Selena Mekaheil	Oakville
				AE62	Aerobics	Individual	Age Group 2	National	Adriana Rivas	Browns
				AC71	Acro Women Group	Level 6	8 - 15		Amy Partington/Clare Partington/Jenna Ganis	De L'Ille
9:40-9:42	2	Salute to Judges		AE63	Aerobics	Individual	Age Group 2	National	Katherine Jetleb	Brantford
9:42-10:27	45	Competition Floor - compete		AC72	Acro Women Group	Level 6	8 - 15		Cheyanna Wolff/Ava Murray/Taylor Sutton	Okanagan
				AE64	Aerobics	Individual	Age Group 2	National	Emily Mulville	Saltos
				AC73	Acro Women Group	Level 6	8 - 15		Chloe Bouchard/Florence Livingston/Laure-Eve Castong	De L'Ille
				AE65	Aerobics	Individual	Age Group 2	National	Lina Elsaadi	Brantford
			AC74	Acro Women Group	Level 6	8 - 15		Carolina Kopec/Sara Meneses/Gabrielle Nunez	Oakville	
			AC75	Acro Women Group	Level 6	8 - 15		Kali-Marie Potts/Annie Wolfond/Leah Manel	EastYork	

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9:32-9:47	15	Registration for Athletes	FLIGHT 19	AC76	Acro Men Pair	Level 6	8 - 15	Adrian Riccio/Ethan Sousa	Oakville	
9:47-9:57	10	Stretch Floor - running & stretching		AC77	Acro Women Pair	Level 6	8 - 15	Group 1	Taia Mikaela Levytska/Varvara Belyaykova	Acroshka
				AC78	Acro Women Pair	Level 6	8 - 15	Group 1	Rahima Boudali/Atrisa Zahendi-Shahriari	AcroDiv
9:57-10:27	30	Warm Up Floor <i>includes routine warm-up</i>		AE66	Aerobics	Trio	Age Group 1	National	Aragian/Fox/Fazzari	WorldClass
				AC79	Acro Women Pair	Level 6	8 - 15	Group 1	Cassidy Quinn/Olivia Kopec	Oakville
10:27-10:29	2	Salute to Judges		AC80	Acro Women Pair	Level 6	8 - 15	Group 1	Nadia Benahmed Kizer/Anna Chtcheglov	AcroDiv
10:29-10:59	30	Competition Floor - compete		AE67	Aerobics	Trio	Age Group 1	National	Lockett/J.Neil/Ball	Saltos
				AC81	Acro Women Pair	Level 6	8 - 15	Group 1	Annaelise Hill/Paige Ballantyne	GBPGA
				AC82	Acro Women Pair	Level 6	8 - 15	Group 1	Cloe Hebert/Marine Massouty	QuePer
10:04-10:19	15	Registration for Athletes	FLIGHT 20	AC83	Acro Women Pair	Level 7	8 - 15	Melena Yazdiani/Malak Mohamed	Oakville	
10:19-10:29	10	Stretch Floor - running & stretching		AE68	Aerobics	Individual	Senior	National	Paige Guyatt	WorldClass
				AC84	Acro Women Pair	Level 7	8 - 15		Avery Lanoue/Teeba Sabeeh	Oakville
10:29-10:59	30	Warm Up Floor <i>includes routine warm-up</i>		AE69	Aerobics	Individual	Senior	National	Madelyne Neil	Saltos
				AC85	Acro Women Pair	Level 7	8 - 15		Joelle Attard/Danielle Durbin	Oakville
10:59-11:01	2	Salute to Judges		AE70	Aerobics	Individual	Senior-Male	National	Elias Ellis	WorldClass
11:01-11:46	45	Competition Floor - compete		AC86	Acro Women Pair	Level 7	8 - 15		Veronika Mikhassiak/Ekaterina Stogornyyuk	AcroDiv
				AE71	Aerobics	Individual	Senior	National	Natalie Galletti	WorldClass
				AC87	Acro Women Pair	Level 7	8 - 15		Estelle Gelin/Mirka d'Anjou	QuePer
				AE72	Aerobics	Individual	Senior	National	Olivia Hindle	WorldClass
			AC88	Acro Women Pair	Level 7	8 - 15		Alivia Brown/Maddilyn Dalkeith	Okanagan	
			AC89	Acro Women Pair	Level 7	16+		Sonia Chirila/Alison Overton	Olympia	

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11:21-11:36	15	Registration for Athletes	FLIGHT 21	AC90	Acro Men Pair	Level 7	8 - 15	Adrian Riccio/Andrew Brown-Lapalme	Oakville
11:36-11:46	10	Stretch Floor - running & stretching		AC91	Acro Mixed Pair	Level 7	8 - 15	Mariia Mirau/Kirill Belyaykov	Acroshka
				AC92	Acro Mixed Pair	Level 7	8 - 15	Taya Vliek/Robert Knight	Okanagan
11:46-11:16	30	Warm Up Floor <i>includes routine warm-up</i>		AC93	Acro Women Group	Level 7	8 - 15	Alicia Savard/Catherine L'Ecuyer/Ariane Letourneau	QuePer
				AC94	Acro Women Group	Level 7	8 - 15	Addison Chan/Carly Aaron/Madeline Lusk	Oakville
11:46-11:48	2	Salute to Judges		AC95	Acro Women Group	Level 7	8 - 15	Brittany Doyle/Jana Hebert/Elie-Anne Pepin	QuePer
11:48-12:13	25	Competition Floor - compete							
12:13-12:16							DEMO	Sophia Vigasin/Valerie Batova	Woodbrdg
12:16-12:19							DEMO	Shani Buzhaker/Violet Maizonberk	Woodbrdg
12:20-12:45	25	AWARDS SESSION 3	Morning Levels						
11:55-12:10	15	Registration for Athletes	FLIGHT 22	AC96	Acro Men Pair	Youth	OPEN	Charlie Rickards/Alpin Aydiner	Oakville
12:10-12:20	10	Stretch Floor - running & stretching		AC97	Acro Men Pair	Youth	OPEN	Anatolie Andoni/Alex Cheglov	AcroDiv
				AC98	Acro Women Group	Youth	OPEN	Hannah Haviland/Ava Santino/loana Luchian	Manjaks
12:20-12:50	30	Warm Up Floor <i>includes routine warm-up</i>		AC99	Acro Mixed Pair	Youth	OPEN	Wendy Doyle/Carl-Emmanuel Tremblay	QuePer
12:50-12:52	2			Salute to Judges					
12:52-1:12	20	Competition Floor - compete							
1:12-1:17							Demo	Violet Maizonberk	Woddbrdg

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12:22-12:37	15	Registration for Athletes	FLIGHT 23	AE73	Aerobics	Individual	Age Group 1	National	Olivia Merpaw	Salto
12:37-12:47	10	Stretch Floor - running & stretching		AC17F	Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Veronika Tenenbaum/Julia Nisevich	Paramount
				AE74	Aerobics	Individual	Age Group 1	National	Kate Fox	WorldClass
12:47-1:17	30	Warm Up Floor <i>includes routine warm-up</i>		AC16F	Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Mira Boubou/Vanessa Nunez	Oakville
				AE75	Aerobics	Individual	Age Group 1	National	Isobel Gray	Salto
1:17-1:19	2	Salute to Judges		AC18F	Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Ava Clark/Sara Ross	Okanagan
1:19-1:54	35	Competition Floor - compete		AE76	Aerobics	Individual	Age Group 1	National	Eva Aragian	WorldClass
				AC13F	Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Kyra Dowling/Angelina Gardner	SanAntonio
				AE77	Aerobics	Individual	Age Group 1	National	Jenna Neil	Salto
12:59-1:14	15	Registration for Athletes		FLIGHT 24	AE78	Aerobics	Individual	Age Group 1	National	Isabella Fazzari
1:14-1:24	10	Stretch Floor - running & stretching	AC19F		Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Ryenn Gonzales/Abigail Rosilier	SanAntonio
			AE79		Aerobics	Individual	Age Group 1	National	Sophia Ball	Salto
1:24-1:54	30	Warm Up Floor <i>includes routine warm-up</i>	AC15F		Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Brie-Lynn Sargeant/Megan Bailie	Okanagan
			AE80		Aerobics	Individual	Age Group 1	National	Abby Cook	WorldClass
1:54-1:56	2	Salute to Judges	AC12F		Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Natalia Johnson/Charli Hall	Okanagan
1:56-2:31	35	Competition Floor - compete	AE81		Aerobics	Individual	Age Group 1	National	Rylin Kilpatrick	Salto
			AC14F		Acro Women Pair	FIG AG 1	OPEN	Final Dyn	Anabel Ceconi/Beth Downie	Oakville
			AE82		Aerobics	Individual	Age Group 1	National	Nikola Marsillo	WorldClass
			AE83		Aerobics	Individual	Age Group 1	National	Grace Lockett	Salto

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1:36-1:51	15	Registration for Athletes	FLIGHT 25	AC23F	Acro Women Group	FIG AG 1	OPEN	Final Bal	Claudia Cote-Salmeron/Emilie Claveau/Audrey-Rose Vezina	QuePer
1:51-2:01	10	Stretch Floor - running & stretching		AE84	Aerobics	Individual	Nat Development	National	Lila Allen	Saltos
2:01-2:31	30	Warm Up Floor <i>includes routine warm-up</i>		AC22F	Acro Women Group	FIG AG 1	OPEN	Final Bal	Lola Gray/Piper Lafayette/Cassandra Lamer	Oakville
				AE85	Aerobics	Individual	Nat Development	National	Penelope Patterson	Saltos
2:31-2:33	2	Salute to Judges		AC21F	Acro Women Group	FIG AG 1	OPEN	Final Bal	Logan Freed/Rachel Watts/Delaney Freed	EAGC
2:33-3:23	50	Competition Floor - compete		AE86	Aerobics	Individual	Nat Development	National	Josephina Russo	Browns
				AC20F	Acro Women Group	FIG AG 1	OPEN	Final Bal	Olivia Beram/Sydney White/Marie-Eve Charette	Oakville
				AE87	Aerobics	Individual	Nat Development	National	Lera Horsfall	Saltos
				AC11F	Acro Mixed Pair	FIG AG 1	OPEN	Final Bal	Leann Gingras/Mathieu Lamontagne	QuePer
				AE88	Aerobics	Individual	Nat Development	National	Hannah Graham	Saltos
			AC10F	Acro Mixed Pair	FIG AG 1	OPEN	Final Bal	Mila DiSalle/Theo Rots-Chan	Oakville	
			AE89	Aerobics	Individual	Nat Development	National	Riley Paul	Browns	
			AC9F	Acro Men Pair	FIG AG 1	OPEN	Final Dyn	Kristian Diana/Max Hendershot	Oakville	
			AE90	Aerobics	Individual	Nat Development	National	Katie Hustins	Saltos	
2:28-2:43	15	Registration for Athletes	FLIGHT 26	AC6C	Aero-Mixed-Pair	FIG AG-2	OPEN	Combined	Emelia Ceconi/Keenan Beaumont	Oakville
2:43-2:53	10	Stretch Floor - running & stretching		AC5C	Acro Women Group	FIG AG 2	OPEN	Combined	Kiara Kacvinsky/Ashlee Chan/Kiana Wilson	Oakville
				AC4C	Acro Women Group	FIG AG 2	OPEN	Combined	Jessica Mendoza-Fabre/Alyssa Morris/Ansey Gravink	AerialTA
				AC3C	Acro Women Group	FIG AG 2	OPEN	Combined	Allison Attard/Ally Swanepoel/Emma Shemko	Oakville
2:53-3:23	30	Warm Up Floor <i>includes routine warm-up</i>		AC2C	Acro Women Group	FIG AG 2	OPEN	Combined	Olivia Struble/Micah Whiteman/Marisa Gatson	EAGC
				AC25C	Acro Men Pair	FIG AG 2	OPEN	Combined	Jacob Wong/Jackson Peters	Okanagan
3:23-3:25	2	Salute to Judges		AC24C	Acro Men Pair	FIG AG 2	OPEN	Combined	Carl-Olivier Valin Lemay/Francis-Olivier Girard	QuePer
3:25-4:05	40	Competition Floor - compete		AE91	Aerobics	Trio	Age Group 2	National	Merpaw/O'Collin/Whiting	Saltos
				AC8C	Acro Women Pair	FIG AG 2	OPEN	Combined	Juliana Summers/Mikaela Pingol	Oakville
				AC7C	Acro Women Pair	FIG AG 2	OPEN	Combined	Sarah Ardantz/Analiese Feuerstein	Legacy
			AE92	Aerobics	Group	Age Group 2	National	Tantaru/Sutton/Guyatt/Hindle/Galletti	WorldClass	
			AC1C	Acro Women Group	FIG Junior	OPEN	Combined	Charlotte Penner/Erin Oswald/Alexandra D'Souza	Oakville	
4:10-4:50	40	AWARDS SESSION 4	All remaining awards							
5:00-8:00PM	3hr	Teardown the gym								
6:30-11:00pm	4.5hrs	Closing Social at the Holiday Inn	Register in Advance							