

## PROGRAM SATURDAY 2 MARCH

7 am - 10 am	Registration athletes
7 am - 8.15 am	Floortesting Sports Aerobics (and Novice Grade when possible)
7.30 am - 8.20 am	Briefing judges
<b>8 am</b>	<b>Doors open for audience</b>
<b>8.30 am - 1.00 pm</b>	<b>PRELIMINARIES/SEMI-FINALS SPORTS AEROBICS</b>
8.30 am - 10.45 am	SOLO WOMEN MINI SOLO WOMEN CADET
<b>10.45 am - 10.55 am</b>	<b>Break: 10 minutes</b>
10.55 am - 1.00 pm	SOLO WOMEN JUNIOR SOLO WOMEN ADULT
<b>13.00 pm - 2.00 pm</b>	<b>Break: 1h (Announcement semi-finalist Sports Aerobics)</b>
12.45 pm - 1.30 pm	Registration athletes
1.00 pm - 1.45 pm	Floortesting Novice Grade & Fitness Teams
<b>2 pm - 2.10 pm</b>	<b>SEMI-FINALS AEROBIC TEAMS</b>
	AEROBIC PERFORMANCE JUNIOR AEROBIC GRANDE JUNIOR AEROBIC GRANDE ADULT
<b>2.10 pm - 3.35 pm</b>	<b>SEMI-FINALS NOVICE GRADE</b>
2.10 pm - 3.35 pm	SOLO WOMEN MINI SOLO WOMEN CADET SOLO WOMEN JUNIOR SOLO WOMEN ADULT DUO JUNIOR TRIO ADULT
<b>3.35 pm - 3.50 pm</b>	<b>Break: 15 minutes</b>
<b>3.50 pm - 8.30 pm</b>	<b>SEMI-FINALS SPORTS AEROBICS</b>
3.50 pm - 4.55 pm	SOLO MEN MINI SOLO MEN CADET SOLO MEN JUNIOR DUO MINI TRIO MINI DUO CADET

	TRIO CADET
<b>4.55 pm - 5.05 pm</b>	<b>Break: 10 minutes</b>
5.05 pm - 5.50 pm	SOLO MEN ADULT
	DUO JUNIOR
	TRIO JUNIOR
	DUO ADULT
	TRIO ADULT
<b>5.50 pm - 6.00 pm</b>	<b>Break: 10 minutes</b>
6.00 pm - 8.30 pm	SOLO WOMEN CADET
	SOLO WOMEN JUNIOR
	SOLO WOMEN ADULT
<b>8.40</b>	<b>Announcement finalists - End of day one</b>

## PROGRAM SUNDAY 3 MARCH

9.00 am - 9.45 am	Floortesting (without music)
9.00 am - 10.00 am	Briefing judges
<b>9.30 am</b>	<b>Doors open for audience</b>
<b>10 am - 11.00 am</b>	<b>FINALS NOVICE GRADE</b>
10 am - 11 am	SOLO WOMEN MINI SOLO WOMEN CADET SOLO WOMEN JUNIOR SOLO WOMEN ADULT DUO JUNIOR TRIO ADULT
<b>11 am - 11.20 am</b>	<b>Break: 20 minutes - guest performance</b>
<b>11.20 am - 11.30 am</b>	<b>FINALS AEROBIC TEAMS</b>
	AEROBIC PERFORMANCE JUNIOR AEROBIC GRANDE JUNIOR AEROBIC GRANDE ADULT
<b>11.30 am - 12.20 pm</b>	<b>FINALS SPORTS AEROBICS</b>
11.30 am - 12.20 pm	SOLO MEN MINI SOLO MEN CADET SOLO MEN JUNIOR DUO MINI TRIO MINI DUO CADET TRIO CADET
<b>12.20 pm - 1.20 pm</b>	<b>Lunch Break: 1h - guest performance</b>
1.30 pm - 2.10 pm	SOLO MEN ADULT DUO JUNIOR TRIO JUNIOR DUO ADULT TRIO ADULT
<b>2.10 pm - 2.30 pm</b>	<b>Break: 20 minutes</b>
	SOLO WOMEN MINI

SOLO WOMEN CADET

SOLO WOMEN JUNIOR

SOLO WOMEN SENIOR

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**4.20 pm - 4.30 pm**

**Deliberation judges - detox performance Het Atelier**

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**4.30 pm - 5.15 pm**

**Award ceremony**

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**5.30 pm - 7.00 pm**

**Feedback by judges (Only coaches of selected athletes, not for Novice Grade, no written feedback after the championship)**