

**2023 NEW ZEALAND GYMNASTICS CHAMPIONSHIPS
RHYTHMIC TIMETABLE**

Tuesday 4 July	Training	Training	Training	Training RG & AER Managers Meeting 2:15-3:00pm	Training RG Judges Meeting 6:00-7:00pm
	Session 1	Session 2	Session 3	Session 4	Session 5
Wednesday 5 July	Level 5 <i>3 apparatus</i> Warm up: 8.30-8.50am Compete: 9.00-11.15am <i>Prize giving: 12:00pm</i>	Level 6 <i>3 apparatus</i> Warm up: 11.15-11.35am Compete: 11.45-2.00pm <i>Prize giving: 2:45pm</i>	Level 7 <i>3 apparatus</i> Warm up: 2.15-2.35pm Compete: 2.45-5.00pm <i>Prize giving: 6:20pm</i> Opening Ceremony 5:00-5:45pm	Grade 3, 5 & 6 Group <i>2 showings</i> Warm up: 5.50-6.30pm Compete: 6.30-7.30pm <i>Prize giving: 8.00pm</i>	Junior & Senior International Training Warm up area: 7.10-7.30pm Competition floor: 7.30-9.00pm
	Session 6	Session 7	Session 8	Session 9	Session 10
Thursday 6 July	Grade 4 Group <i>2 showings</i> Warm Up: 8.10-8.45am Compete: 9.00-10.00am Coaches Medals on the RG Floor 10:00am <i>Prize giving:10:45am</i>	Level 8 <i>2 apparatus</i> Warm up: 10.00-10.20am Compete: 10.30-12.30pm	Level 9 <i>2 apparatus</i> Warm up: 12.45-1.05pm Compete: 1.15-2.45pm	Level 10 <i>2 apparatus</i> Warm up: 2.45-3.05pm Compete: 3.15-5.30pm	Junior & Senior International <i>2 apparatus</i> Warm up: 5.30-5.50pm Compete: 6.00-7.30pm RG Forum 7.45-8.45pm
	Session 11	Session 12	Session 13	Session 14	Session 15
Friday 7 July	Stage 3 & 4 <i>2 apparatus</i> Warm up: 8.30-8.50am Compete: 9.00-10.00am	Level 8 <i>2 apparatus</i> Warm up: 10.00-10.20am Compete:10.30-12.30pm <i>Prize giving: 1:15pm</i>	Level 9 <i>2 apparatus</i> Warm up:12.45-1.05pm Compete: 1.15-2.45pm <i>Prize giving: 3:45pm</i>	Level 10 <i>2 apparatus</i> Warm up: 2.45-3.05pm Compete: 3.15-5.30pm <i>Prize giving: 6:30pm</i>	Junior & Senior International <i>2 apparatus</i> Warm up: 5.30-5.50pm Compete: 6.00-7.30pm Prizegiving: On Saturday
	Session 16	Session 17	Session 18		

<p>Saturday 8 July</p>	<p>Stage 3 & 4 <i>2 apparatus</i> Warm up: 8.30-8.50am Compete: 9.00-10.30am RG Coaches Medals on the Floor 10:30am <i>Prize giving: 10.50am and Junior awards</i></p>	<p>Junior International Apparatus Finals Warm up: 10.30-10.50am Compete: 11.00-12.30pm <i>Prize giving Finals and Overall 1:15pm</i></p>	<p>Senior International Apparatus Finals Warm up: 12.30-12.50pm Compete: 1.00-3.15pm <i>Prize giving Finals and Overall 3.45pm and Senior Awards</i></p>	<p>Closing Ceremony 4:45pm</p>	
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