

2024 our 31st year of competition UPDATED: 16/04/2024

Schedule for 2024

Saturday, June 1st ~ Founders Theatre

AGE:	TYPE:	START TIME:	DIVISION:			
SESSION 1:						
14 years	Calisthenics	9.15 am	Div 1			
14 years	Calisthenics	9.55 am	Div 2			
14 years	Calisthenics	10.45 am	Open/Open Reserve			
15 years	Calisthenics	11.30 am	Div 1 & 2			
15 years	Calisthenics	12.30 pm	Open/Open Reserve			
LUNCH BREAK ~ 1 pm (20 minutes)						
SESSION 2:						
16 years	Calisthenics	1.20 pm	Div 1 & 2			
16 years	Calisthenics	2.05 pm	Open/Open Reserve			
17 years	Calisthenics	2.40 pm	Div 1 & 2			
17 years	Calisthenics	3.15 pm	Open/Open Reserve			
Masters	Calisthenics	3.55 pm	All Divisions			
Tinies	Calisthenics	4.35 pm	All Divisions			
DINNER BREAK ~ 5.15 pm (20 minutes) SESSION 3:						
Inters Duo	Calisthenics	5.35 pm	All Divisions			
Masters Duo	Calisthenics	6.15 pm	All Divisions			
Seniors	Calisthenics	6.45 pm	Open/Open Reserve			
Seniors	Calisthenics	7.25 pm	Div 4, 5 & 6			
Seniors	Calisthenics	8.30 pm	Div 1, 2 & 3			
Day One at Founders ~ Finishes @ 10pm						



Schedule for 2024 Sunday, June 2nd ~ Founders Theatre

AGE:	TYPE:	START TIME:	DIVISION:				
SESSION 1:							
8 years	Calisthenics	9.15 am	Div 1 & 2				
9 years	Calisthenics	10.15 am	Div 1 & 2				
10 years	Calisthenics	11 am	Div 1 & 2				
Juniors Duo	Calisthenics	12.05 pm	All Divisions				
LUNCH BREAK ~ 12.40 PM (20 MINS)							
SESSION 2:							
Masters	Graceful	1 pm	Div 1, 2 & Open				
8, 9 & 10 years	Graceful	2.30 pm	Div 1, 2 & Open				
11 years Loraine Meade Founder Section	Calisthenics	3.15 pm	All Division				
12 years	Calisthenics	4.20 pm	All Divisions				
DINNER BREAK (20 MINS) SESSION 3:							
13 years	Calisthenics	5.30 pm	All Divisions				
11 years	Graceful	6.20 pm	All Divisions				
12 years	Graceful	6.55 pm	All Divisions				
13 years	Graceful	7.40 pm	All Divisions				
DAY TWO AT FOUNDERS FINISHES @ 8.30 PM							
BUMP OUT							



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Schedule for 2024 Sunday, June 2nd ~ Mary's Mount Theatre @ Loreto College

AGE:	TYPE:	START TIME:	DIVISION:			
SESSION 1:						
14 years	Graceful	9.15 am	All Divisions			
15 years	Graceful	10.10 am	Open/Open Reserve			
15 years	Graceful	10.45 am	Div 1 & 2			
16 years	Graceful	11.35 am	Open/Open Reserve			
LUNCH BREAK ~ 12.10 pm (20 minutes)						
SESSION2:						
16 years	Graceful	12.30 pm	Div 1 & 2			
Senior Duo	Calisthenics	1.25 pm	All Divisions			
17 years	Graceful	1.50 pm	Open/Open Reserve			
17 years	Graceful	2.25 pm	Div 1 & 2			
Seniors	Graceful	3.10 pm	Open/Open Reserve			
COFFEE BREAK ~ (15 minutes)						
SESSION 3:						
Seniors	Graceful	4.10 pm	Div 1 & 2			
Seniors	Graceful	5.05 pm	Div 3			
Seniors	Graceful	5.50 pm	Div 4			
Seniors	Graceful	6.35 pm	Div 5 & 6			
Day Two at Mary's Mount ~ Loreto Finishes @ 7.30 pm BUMP OUT						