

May 1, 2024

OCEANEX
2024
EASTERN
GYMNASTICS
CHAMPIONSHIPS
NEWFOUNDLAND AND LABRADOR



ARTISTIC

Schedule

Gymnastics
Newfoundland
and Labrador

CAMPIA GYMNASTICS



FRIDAY MAY 10, 2024

TRAINING SCHEDULE - ARTISTIC

Women's

Newfoundland and Labrador
Prince Edward Island

8:00-9:45am

New Brunswick
Nova Scotia

9:45-11:30am

Québec

11:30-1:30pm

Ontario

2:30-4:30pm

Men's

Newfoundland and Labrador
Prince Edward Island

8:00-9:45am

New Brunswick
Nova Scotia

9:45-11:30am

Québec

11:30-1:30pm

Ontario

2:30-4:30pm



FRIDAY MAY 10, 2024

Level 7 (15+)

Athlete check in	4:45pm
General warm up	5:00pm
Competition	5:15pm

SATURDAY MAY 11, 2024

Level 7 (13-14)

Athlete check in	7:45am
General warm up	8:00am
Competition	8:15am

Level 7 (11-12)

Athlete check in	10:30am
General warm up	10:45am
Competition	11:00am

Level 8 (11-12) (13-14)

Athlete check in	1:15pm
General warm up	1:30pm
Competition	1:45pm

Level 8 (15+)

Athlete check in	4:45pm
General warm up	5:00pm
Competition	5:15pm



SUNDAY MAY 12, 2024

WOMEN'S ARTISTIC

Level 9

Athlete check in	8:45am
General warm up	9:00am
Competition	9:20am

Level 10

Athlete check in	1:45pm
General warm up	2:00pm
Competition	2:20pm

COMPETITION SCHEDULE



SATURDAY MAY 11, 2024

Provincial 2

Athlete check in	8:45am
General warm up	9:00am
Competition	9:20am

Provincial 3

Athlete check in	12:45pm
General warm up	1:00pm
Competition	1:50pm

SUNDAY MAY 12, 2024

National Open

Athlete check in	8:45am
General warm up	9:00am
Competition	10:20am

Provincial 4, Provincial 5

Athlete check in	1:15pm
General warm up	1:30pm
Competition	2:50pm