



# Championnats de l'Est 2024 Eastern Regional Championship 2024



## Vendredi / Friday 26/04/2024

7:00 Ouverture des portes / Door opening

7:15 Réunion des juges / Judges meeting

<b>Rotation 1</b>	<b>RGI Level 3B</b>	
8:00	Pratique sur le tapis / Warmup	Ontario clubs
8:05		Quebec clubs
8:10		New-Brunswick and New Zealand clubs
<b>8:15</b>	<b>Ouverture de la compétition (serments) / Opening of the competition (oath)</b>	
<b>8:20</b>	<b>Défilé des gymnastes sur le tapis / Parade of gymnasts on the carpet</b>	
<b>8:30-10:33</b>	<b>Compétition</b>	

10:33-10:50 Pause des juges / Judges pause

<b>Rotation 2</b>	<b>RGI Level 2C, 4C</b>	
10:33	Pratique sur le tapis / Warmup	Ontario clubs
10:39		New-Brunswick, Quebec, New Zealand clubs
<b>10:45-12:28</b>	<b>Compétition</b>	

12:30-12:55 Remise des récompenses / Awards ceremony RGI Level 2C, 3B, 4C

12:30-13:10 Diner des juges / Judges lunch

<b>Rotation 3</b>	<b>RGI Level 3C &amp; RGG Level 3, 4, 5</b>	
12:56	Pratique sur le tapis / Warmup	RGI Level 3C
13:04		RGG Level 3, 4
13:07		RGG Level 5
<b>13:10-14:59</b>	<b>Compétition</b>	

15:00-15:15 Pause des juges / Judges pause

<b>Rotation 4</b>	<b>RGI Level 4B</b>	
15:00	Pratique sur le tapis / Warmup	New-Brunswick, Nova Scotia, Quebec, New Zealand clubs
15:07		Ontario clubs
<b>15:15-16:52</b>	<b>Compétition</b>	

17:00-17:25 Remise des récompenses / Awards ceremony RGI Level 3C, 4B, RGG Level 3, 4, 5

17:00-17:35 Souper des juges / Judges dinner

<b>Rotation 5</b>	<b>RGI Level 5B, 5C</b>	
17:28	Pratique sur le tapis / Warmup	New-Brunswick, Quebec, New Zealand clubs
17:34		Ontario clubs
<b>17:40-19:43</b>	<b>Compétition</b>	

19:45-19:55 Pause des juges / Judges pause

<b>Rotation 6</b>	<b>RGI Level 6B, 6C</b>	
19:43	Pratique sur le tapis / Warmup	Ontario clubs
19:49		New-Brunswick, Quebec, New Zealand clubs
<b>19:55-21:32</b>	<b>Compétition</b>	

21:40-22:00 Remise des récompenses / Awards ceremony RGI Level 5B, 5C, 6B, 6C

22:05 Fin de la 1ere journée de compétition/ End of the 1st day of competition



# Championnats de l'Est 2024 Eastern Regional Championship 2024



**Samedi/Saturday 27/04/2024**

**7:30 Ouverture des portes / Door opening**

**8:00 Réunion des juges / Judges meeting**

<b>Rotation 7</b>	<b>RGI Novice Free &amp; Hoop, RGG Junior, Senior Dev 1st performance</b>	
8:30		Junior Group
8:33	Pratique sur le tapis / Warmup	Senior Group
8:36		Ontario (Thrillium, Jusco RGC, Toronto Aspirals, Pirouette) clubs
8:43		Ontario (York Stars, Toronto, Kalev, Viva, FCCM) & Quebec clubs
<b>8:50</b>	<b>Ouverture et serments / Opening and oath</b>	
<b>9:00-10:32</b>	<b>Competition</b>	

10:35-10:50 Pause des juges / Judges pause

<b>Rotation 8</b>	<b>RGI Junior (group A) Hoop &amp; Ball</b>	
10:35	Pratique sur le tapis / Warmup	New-Brunswick, New Zealand, Quebec, Ontario (Thrillium, Jusco) clubs
10:42		Ontario (Glimmer AC, Ottawa, Silhouettes, York stars) clubs
<b>10:50-12:12</b>	<b>Competition</b>	

12:15-12:30 Pause des juges / Judges pause

<b>Rotation 9</b>	<b>RGI Junior (group B) Hoop &amp; Ball</b>	
12:16	Pratique sur le tapis / Warmup	New-Brunswick, Quebec, Ontario (Toronto Aspirals, Glimmer AC) clubs
12:23		Ontario (Silhouettes, Jusco, Ritmika, Kalev Estienne, York stars, Viva, KRSG) clubs
<b>12:30-13:52</b>	<b>Competition</b>	

13:55-14:30 Diner des juges / Judges lunch

<b>Rotation 10</b>	<b>RGI Senior (group A) Hoop &amp; Ball</b>	
14:18	Pratique sur le tapis / Warmup	New-Brunswick, New Zealand, Quebec, Ontario (York stars, Glimmer AC) clubs
14:24		Ontario (Thrillium, Ottawa, Ritmika, Silhouettes of York, Viva, KRSG) clubs
<b>14:30-15:52</b>	<b>Competition</b>	

15:55-16:10 Pause des juges / Judges pause

<b>Rotation 11</b>	<b>RGI Senior (group B) Hoop &amp; Ball</b>	
15:54	Pratique sur le tapis / Warmup	New-Brunswick, New Zealand, Ontario (Toronto Aspirals, Burlington) clubs
16:02		Ontario (Thrillium, Silhouettes of York, Ottawa, Glimmer Athletic, FCCM) clubs
<b>16:10-17:32</b>	<b>Competition</b>	

17:35-17:50 Pause des juges / Judges pause

<b>Rotation 12</b>	<b>RGI Junior HP, Senior HP Hoop &amp; Ball</b>	
17:34	Pratique sur le tapis / Warmup	Quebec, Ontario (Silhouettes of York, Kalev Estienne) clubs
17:42		Ontario (KRSG, Thrillium, Toronto Aspirals) clubs
<b>17:50-18:33</b>	<b>Competition</b>	

**18:45 Fin de la 2e journée de compétition/ End of the 2nd day of competition**



# Championnats de l'Est 2024 Eastern Regional Championship 2024



**Dimanche/Sunday 28/04/2024**

**7:30 Ouverture des portes / Door opening**

**8:00 Réunion des juges / Judges meeting**

<b>Rotation 13</b>	<b>RGI Novice Ball &amp; Clubs, RGG Junior, Senior Dev 2nd performance</b>	
8:30		Junior Group
8:33	Pratique sur le tapis / Warmup	Senior Group
8:36		Ontario (York Stars, Toronto, Kalev, Viva, FCCM) & Quebec clubs
8:43		Ontario (Thrillium, Jusco RGC, Toronto Aspirals, Pirouette) clubs
<b>8:50</b>	<b>Ouverture et serments / Opening and oath</b>	
<b>9:00-10:32</b>	<b>Competition</b>	

10:35-10:50 Pause des juges / Judges pause

<b>Rotation 14</b>	<b>RGI Junior (group B) Clubs &amp; Ribbon</b>	
10:35	Pratique sur le tapis / Warmup	Ontario (Silhouettes, Jusco, Ritmika, Kalev Estienne, York stars, Viva, KRSG) clubs
10:42		New-Brunswick, Quebec, Ontario (Toronto Aspirals, Glimmer AC) clubs
<b>10:50-12:12</b>	<b>Competition</b>	

12:15-12:30 Pause des juges / Judges pause

<b>Rotation 15</b>	<b>RGI Junior (group A) Clubs &amp; Ribbon</b>	
12:16	Pratique sur le tapis / Warmup	Ontario (Glimmer AC, Ottawa, Silhouettes, York stars) clubs
12:23		New-Brunswick, New Zealand, Quebec, Ontario (Thrillium, Jusco) clubs
<b>12:30-13:52</b>	<b>Competition</b>	

**14:00-14:30 Remise des récompenses / Awards ceremony RGI Level Novice, Junior & RGG**

13:50-14:45 Diner des juges / Judges lunch

<b>Rotation 16</b>	<b>RGI Senior (group B) Clubs &amp; Ribbon</b>	
14:31	Pratique sur le tapis / Warmup	Ontario (Thrillium, Silhouettes of York, Ottawa, Glimmer Athletic, FCCM) clubs
14:38		New-Brunswick, New Zealand, Ontario (Toronto Aspirals, Burlington) clubs
<b>14:45-16:07</b>	<b>Competition</b>	

16:10-16:25 Pause des juges / Judges pause

<b>Rotation 17</b>	<b>RGI Senior (group A) Clubs &amp; Ribbon</b>	
16:11	Pratique sur le tapis / Warmup	Ontario (Thrillium, Ottawa, Ritmika, Silhouettes of York, Viva, KRSG) clubs
16:18		New-Brunswick, New Zealand, Quebec, Ontario (York stars, Glimmer AC) clubs
<b>16:25-17:47</b>	<b>Competition</b>	

17:50-18:05 Pause des juges / Judges pause

<b>Rotation 18</b>	<b>RGI Junior HP, Senior HP Clubs &amp; Ribbon</b>	
17:51	Pratique sur le tapis / Warmup	Ontario (Thrillium, Toronto Aspirals KRSG) clubs
17:58		Quebec, Ontario (Silhouettes of York, Kalev Estienne) clubs
<b>18:05-18:48</b>	<b>Competition</b>	

**19:00-19:45 Remise des récompenses / Awards ceremony RGI Level Junior HP, Senior, senior HP**

**19:45 Fin de la compétition / End of the competition**