

WAG Level 6-10 Trial2
Westfields Sports High, Hamilton Rd Fairfield
West
Timetable

Sunday 15th May

Session 1 (Level 6)

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|-------------------|-----------------|
| General Stretch | 7:00 - 7:20 am |
| Apparatus Warm-up | 7:20 - 8:20 am |
| March-On | 8:25 am |
| Competition | 8:30 - 10:00 am |

Session 2 (Level 6)

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|-------------------|------------------|
| General Stretch | 10:00 - 10:20 am |
| Apparatus Warm-up | 10:20 - 11:20 am |
| March-On | 11:25 am |
| Competition | 11:30 - 1:00 pm |
| Presentation | 1:00 - 1:30 pm |

Lunch

1:00 - 2:00 pm

Session 3 (Level 7)

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|-------------------|----------------|
| General Stretch | 1:30 - 1:50 pm |
| Apparatus Warm-up | 1:50 - 2:50 pm |
| March-On | 2:55 pm |
| Competition | 3:00 - 4:30 pm |
| Presentation | 4:30 - 5:00 pm |

Session 4 (Level 8 - 10)

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|-------------------|----------------|
| General Stretch | 5:00 - 5:20 pm |
| Apparatus Warm-up | 5:20 - 6:20 pm |
| March-On | 6:25 pm |
| Competition | 6:30 - 8:30 pm |
| Presentation | 8:30 - 9:00 pm |