

# 2017 West Coast Premier

## Saturday, February 11, 2017

5:00 PM	5:30 PM	Doors Open for athlete registration
5:30 PM	6:00 PM	Session A General Warm Up
<b>6:00 PM</b>	<b>6:15 PM</b>	<b>Opening Ceremonies</b>
<b>6:15 PM</b>	<b>7:15 PM</b>	<b>Session A</b>
		Level 8 (WP 14+ Balance)
		Level 10 (WG Dynamic)
		11-16 (WG Dynamic)
		Jr. 12-18 (WP, MXP Balance; WG Dynamic)
		Sr. Elite (WG Dynamic)
7:15 PM	7:45 PM	Session B General Warm Up
<b>7:45 PM</b>	<b>8:45 PM</b>	<b>Session B</b>
		Level 8 (WP 13U Balance; WG 13U, 14+ Dynamic)
		Level 9 (WP, MXP Balance; WG Dynamic)
		11-16 (WP Balance)

## Sunday, February 12, 2017

8:00 AM	8:30 AM	Doors Open for athlete registration
8:30 AM	9:00 AM	Session C General Warm Up
<b>9:00 AM</b>	<b>10:15 AM</b>	<b>Session C</b>
		Level 5 (WP 13U; MXP 13U)
		Level 6 (WP 13U, 14+; MXP 13U, 14+; WG 13U)
10:15 AM	10:45 AM	Session D General Warm Up
<b>10:45 AM</b>	<b>11:45 AM</b>	<b>Session D</b>
		Level 7 (WG 14+)
		Level 8 (WP 14+ Dynamic)
		Level 10 (WG Balance)
		11-16 (WG Balance)
		Jr. 12-18 WP, MXP Dynamic; WG Balance)
		Sr. Elite (WG Balance)
11:45 AM	12:15 PM	Session E General Warm Up
<b>12:15 PM</b>	<b>1:15 PM</b>	<b>Session E</b>
		Level 6 (WG 14+)
		Level 7 (WP 13U, WG 13U)
		Level 8 (WG 14+ Balance)
		Level 9 (WP, MXP Dynamic)
		11-16 (WP Dynamic)
1:15 PM	1:45 PM	Session F General Warm Up
<b>1:45 PM</b>	<b>2:45 PM</b>	<b>Session F</b>
		Level 7 (WP 14+)
		Level 8 (WP 13U Dynamic; WG 13U Balance)
		Level 9 (WG Balance)
		Jr. 12-18 (WP, MXP, WG Combined)
		Sr. Elite (WG Combined)
<b>2:45 PM</b>	<b>3:15 PM</b>	<b>Session C, D, E &amp; F Awards Ceremony</b>

The above times are approximate. Sessions may start earlier than anticipated.  
Coaches, please have your athletes on site at least 45 minutes prior to scheduled warm-up and award ceremonies.