

2019 West Coast Premier

Saturday, February 23, 2019

8:00 AM	8:15 AM	Doors Open for athlete registration
8:15 AM	8:45 AM	Session A General Warm Up
8:45 AM	9:45 AM	Session A Level 6 (WP 13U / MP 13U) Level 7 (WP 13U, 14+)
9:45 AM	10:00 AM	Opening Ceremonies
10:00 AM	10:30 AM	Session B General Warm Up
10:30 AM	11:45 AM	Session B Level 8 (WP 13U, 14+ / MXP 13U Balance & WG 13U, 14+ Dynamic) Level 9 (WP 13U Balance & WG 14+ Dynamic)
11:45 AM	12:15 PM	Session C General Warm Up
12:15 PM	1:15 PM	Session C Level 9 (WP 14+ Balance) Level 10 (WP 14+ Balance & WG 14+ Dynamic) 11-16 (WP / MXP Balance & WG Dynamic) Jr. Elite 12-18 (WP / MXP Balance & WG Dynamic) Jr. Elite 13-19 (MXP Balance) Sr. Elite (WP Balance & WG Dynamic)
1:15 PM	1:30 PM	Session A Awards Ceremony

Sunday, February 24, 2019

8:00 AM	8:15 AM	Doors Open for athlete registration
8:15 AM	8:45 AM	Session D General Warm Up
8:45 AM	10:00 AM	Session D Level 5 (WP 13U / MXP 13U) Level 6 (WP 14+ / MXP 13U, 14+ / WG 13U)
10:00 AM	10:30 AM	Session E General Warm Up
10:30 AM	11:15 AM	Session E Level 7 (MXP 14+ / WG 13U, 14+ / MG 13U) Jr. Elite 12-18 (WG Balance & WP / MXP Dynamic) Jr. Elite 13-19 (MXP Dynamic) Sr. Elite (WG Balance & WP Dynamic)
11:15 AM	11:30 AM	Opening Ceremonies
11:30 AM	11:45 AM	Session F General Warm Up
11:45 AM	12:15 PM	Session F Bronze (Block) Silver (Block)
12:15 PM	12:45 PM	Session G General Warm Up
12:45 PM	2:00 PM	Session G Level 8 (WG 13U, 14+ Balance & WP 13U, 14+ / MXP 13U Dynamic) Level 9 (WG 14+ Balance & WP 13U Dynamic)
2:00 PM	2:30 PM	Session H General Warm Up
2:30 PM	3:30 PM	Session H Level 9 (WP 14+ Dynamic) Level 10 (WG 14+ Balance & WP 14+ Dynamic) 11-16 (WG Balance & WP / MXP Dynamic) Jr. Elite 12-18 (WP / MXP / WG Combined) Jr. Elite 13-19 (MXP Combined) Sr. Elite (WP / WG Combined)
3:30 PM	4:00 PM	Session D, E, F, G & H Awards Ceremony

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.