

FOYER	TIME	WARM UP FLOOR		PERFORMANCE FLOOR	
REGISTER: GfA & MASS DISPLAY	10.00- 11.15.	GfA	10.00-11.15.	MASS DISPLAY	<i>Lead coaches to organise breaks for their own groups.</i>
	11.15-12.30	MASS DISPLAY	11.15-12.30	GfA	
REGISTER: WA, AEROBICS & MA	12.30-1.00	WA, AEROBICS & MA GENERAL STRETCHING	12.30-1.00	<i>Floor staff set up ready for dress rehearsal</i>	
DRESS REHEARSAL STARTS					
	13.00.	GfA	13.00.	MASS DISPLAY	
	13.10.	WA BBF	13.10.	GfA	
	13.20.	AEROBICS	13.20.	WA BBF	
	13.30.	MA	13.30.	AEROBICS	
	13.40.	RHYTHMIC DISPLAY	13.40.	MA	
REGISTER: ACRO	13.50.	EPPING DISPLAY TEAM	13.50.	RHYTHMIC DISPLAY	
	14.00.	CYR WHEEL	14.00.	EPPING DISPLAY TEAM	
	14.10.	ACRO DISPLAY	14.10.	CYR WHEEL	
	14.20.	ACRO MXP- HEATHROW	14.20.	ACRO DISPLAY	
	14.30.	ACRO TRIO- RGA	14.30.	ACRO MXP- HEATHROW	
	14.40.	PARALLEL BARS	14.40.	ACRO TRIO- RGA	
	14.50.	RHYTHMIC WITH MUSIC	14.50.	PARALLEL BARS	
	15.00.	ACRO MENS 4- HEATHROW	15.00.	RHYTHMIC WITH MUSIC	
	15.10.	POMMELL	15.10.	ACRO MENS 4- HEATHROW	
	15.20.	ACRO MXP- RGA	15.20.	POMMELL	
REGISTER: DISABILITIES	15.30.	AERIAL SILKS	15.30.	ACRO MXP- RGA	
	15.40.	SOUTH ESSEX MA	15.40.	AERIAL SILKS	
	15.50.	DISABILITIES	15.50.	SOUTH ESSEX MA	
		FINALE	16.00.	DISABILITIES	
				FINALE	
	16.30.	REFRESHMENT BREAK			
<i>Floor staff to set up for performance</i>					
	17.30.	GENERAL STRETCHING AND WARM UP			
		WARM UP FLOOR	STAND BY	PERFORMANCE	AWARDS
	18.10.	MASS DISPLAY			
	18.20.	ACRO DISPLAY	MASS DISPLAY		
	18.30.	GFA DISPLAY	ACRO	MASS DISPLAY	
		DISABILITIES DISPLAY	GFA	ACRO DISPLAY	
		BAR, BEAM, FLOOR DISPLAY	DISABILITIES	GFA DISPLAY	
		AEROBICS DISPLAY	B.B.F	DISABILITIES DISPLAY	
		MA	AEROBICS	BAR, BEAM, FLOOR DISPLAY	
		RHYTHMIC DISPLAY	MA	AEROBICS DISPLAY	
		INTERVAL	RHYTHMIC	MA	
		BRONE & SILVER PARADE	INTERVAL	RHYTHMIC DISPLAY	
		ACRO MXP	PARADE	INTERVAL	
		EPPING DISPLAY TEAM	ACRO MXP	BRONZE AND SILVER PARADE	
		ACRO WOMEN'S TRIO	EPPING	ACRO MXP	TRAMP/RHY/TUMB/MA
		CYR WHEEL	ACRO TRIO	EPPING DISPLAY TEAM	
		SOUTH ESSEX PARALLEL BARS	CYR WHEEL	ACRO WOMEN'S TRIO	
		RHYTHMIC	SOUTH ESSEX MA	CYR WHEEL	
		ACRO M4	RHYTHMIC	SOUTH ESSEX PARALLEL BARS	
		POMMELL	ACRO M4	RHYTHMIC WITH MUSIC	
		ACRO MXP	POMMELL	ACRO M4	
		AERIAL SILKS	ACRO MXP	POMMELL	
		SOUTH ESSEX MEN'S FLOOR	SILKS	ACRO MXP	
			SE MA	AERIAL SILKS	ACRO AWARDS
			FINALE	SOUTH ESSEX MEN'S FLOOR	
				FINALE	