



**English Rhythmic Gymnastics
Championships 2019
Orientation**

Friday 31st May		
19:00	22:00	Optional orientation for Junior and Senior Groups

Saturday 1st June		
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Session A		
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Start	Finish		
08:50	08:54	Ribby Hall Rhythmic Gymnastics Club	Ribby Hall
08:54	08:58	Rhythmic Gymnastics Club Worcester	Bluestars
08:58	09:02	South Essex Gymnastics Club	Robins
09:02	09:06	City of Manchester Rhythmic Academy	Diamonds
09:06	09:10	South Essex Gymnastics Club	Sparrows
09:10	09:14	City of Birmingham Gym Club	Gems
09:14	09:18	Rhythmic Excellence	Rhythmic Excellence
09:18	09:22	ELENA RGC	Elena
09:22	09:26	i-star Academy	Rainbows
09:26	09:30	Rhythmic Gymnastics Club Worcester	Roses
09:30	09:34	Esprit Rhythmic Gymnastics Club	Gems
09:34	09:38	City of Manchester Rhythmic Academy	Hearts
09:38	09:42	i-star Academy	Stardust
09:42	09:46	Rhythmic Gymnastics Club Worcester	Sunflowers
09:46	09:50	Oxford Rhythmic Gymnastics	Stars
09:50	09:52	Junior Rope (27, 28, 29, 30, 31, 32)	
09:52	09:54	Junior Rope (33, 34, 35, 36, 37)	
09:54	09:56	Junior Ball (27, 28, 29, 30, 31, 32)	
09:56	09:58	Junior Ball (33, 34, 35, 36, 37)	
09:58	10:00	Junior Clubs (27, 28, 29, 30, 31, 32)	
10:00	10:02	Junior Clubs (33, 34, 35, 36, 37)	
10:02	10:04	Junior Ribbon (27, 28, 29, 30, 31, 32)	
10:04	10:06	Junior Ribbon (33, 34, 35, 36, 37)	

Session B		
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Start	Finish	
13:05	13:07	Under 11 Rope (All)
13:07	13:09	Under 12 Rope
13:09	13:11	Under 9 Rope
13:11	13:13	Under 10 Rope (All)
13:13	13:15	Under 11 Clubs (14, 15, 16, 17)
13:15	13:17	Under 11 Clubs (18, 19, 20, 21)
13:17	13:19	Under 9 Hoop
13:19	13:21	Under 10 Hoop (5, 6, 7, 8, 9)
13:21	13:23	Under 10 Hoop (10, 11, 12, 13)
13:23	13:25	Under 12 Ribbon

Session C		
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Start	Finish	
15:45	15:53	Senior All pieces

Sunday 2nd June		
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Session D		
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Start	Finish	
08:50	08:52	Under 11 Ribbon (14, 15, 16, 17)
08:52	08:54	Under 11 Ribbon (18, 19, 20, 21)
08:54	08:56	Under 12 Clubs