

**ANNEXE 2 / APPENDIX 2: GROUPES POUR L'ENTRAÎNEMENT SUR PODIUM
ET LES COMPÉTITIONS / PODIUM TRAINING & COMPETITION GROUPS**

**ENTRAÎNEMENT SUR PODIUM /PODIUM TRAINING
CHALLENGE GYMNIX
JEUDI 7 MARS / THURSDAY MARCH 7**

24 GYMNASTES / GYMNASTS
(GROUPES D'ENTRAÎNEMENT ET DE COMPÉTITION)
(TRAINING/COMPETITION GROUPS)

ÉCHAUFFEMENT GÉNÉRAL / GENERAL WARM-UP 8:20-8:50
ENTRAÎNEMENT / TRAINING (2.9min/athlete | 4X 17.5 min) 8:50-10:00

VAULT	BARS	BEAM	FLOOR
GROUP 1 (5)	GROUP 2 (6)	GROUP 3 (5)	GROUP 4 (6)
TAG (1)	Aviva (2)	Laval Excellence (1)	Dynamo (1)
Gym-Richelieu (2)	Gadbois (1)	Halifax ALTA (1)	Gym-Fly (1)
Saskatchewan (1)	Langley (1)	Top Notch (USA) (1)	Panthers (1)
Gemini (1)	Cypress (USA) (2)	Titans (1)	Tumblers (1)
		Tumblers (1)	Wimgym (2)

IN ORDER TO FACILITATE THE LOGISTIC AROUND THE COMPETITION, A SEEDING HAS BEEN DONE BY THE ORGANIZING COMMITTEE TO DETERMINE THE GROUPS. A DRAW TO DETERMINE THE ORDER WITHIN EACH GROUP WILL BE CONDUCT AFTER THE TECHNICAL MEETING. ATHLETES MAY BE MOVED FROM ONE GROUP TO THE OTHER AFTER PODIUM TRAINING, IN CASE OF SIGNIFICANT IMBALANCE IN THE GROUPS. (+/-2)

PODIUM TRAINING STARTS ON 1ST COMPETITION APPARATUS.
GROUPS TO ROTATE IN THE OLYMPIC ORDER.

ATHLETES ORDER DROP 1 WITHIN EACH GROUP, ON EACH APPARATUS

THE ORDER WILL BE POSTED ON INTERNET BY MARCH 7TH, AT THE LATEST

**THE TECHNICAL MEETING WILL BE HELD ON THURSDAY MARCH 7 IN THE VIP ROOM OF THE COMPLEXE SPORTIF
CLAUDE-ROBILLARD (THIRD FLOOR), FROM 10:15 TO 11:15AM.**