



SATURDAY SCHEDULE

	Pre-Premier 7 & under 11	Pre-Premier 11 & under 18	Premier Juvenile 7 & under 12	Premier Junior 12 & under 14	Premier Junior 14 & under 16	Premier Senior 16 & under 20	& Over – All Levels 20 & under 30	& Over – All Levels 30 & over
8:00 – 8:45 am	W A R M U P / S T R E T C H W I T H S A N D Y							
9:00 – 10:00 am	Fling D. Krugh	Sword E. McMillan	S. Trews C. Aitken	Reel A. Robertson	Reel E. Gollan	Sword C. Lacey	Core Stngth/Upr Body S. Gribbin	Fling J. Tolev
10:10 – 11:10 am	Lilt/Flora J. Tolev	Lilt/Flora C. Lacey	Barracks E. McMillan	Barracks C. Aitken	Flora/S. Measure A. Robertson	Core Stngth/Upr Body S. Gribbin	Reel E. Gollan	S. Trews D. Krugh
11:20 am – 12:20 pm	Sword E. Gollan	Reel A. Robertson	Fling D. Krugh	Jig C. Lacey	Fling J. Tolev	Reel E. McMillan	Jig C. Aitken	Core Stngth/Upr Body S. Gribbin
12:20 – 1:30 pm	L U N C H B R E A K							
1:30 – 2:30 pm	Reel C. Aitken	Fling E. Gollan	Sword J. Tolev	S. Trews E. McMillan	Core Stngth/Upr Body S. Gribbin	Fling D. Krugh	S. Trews A. Robertson	Jig C. Lacey
2:40 – 3:40 pm	Intro to Jig/HP E. McMillan	Intro to Jig/HP C. Aitken	Core Stngth/Upr Body S. Gribbin	Sword E. Gollan	S. Trews D. Krugh	Barracks J. Tolev	Fling C. Lacey	Sword A. Robertson

****INTERMEDIATES MAY PARTICIPATE IN THE PRE-PREMIER OR PREMIER CLASSES****

****PREMIER DANCERS SHOULD JOIN THE CLASS THAT WILL BE DOING THEIR CHAMPIONSHIP STEPS****



	Pre-Premier 7 & under 11	Pre-Premier 11 & under 18	Premier Juvenile 7 & under 12	Premier Junior 12 & under 14	Premier Junior 14 & under 16	Premier Senior 16 & under 20	& Over – All Levels 20 & under 30	& Over – All Levels 30 & over
9:00 – 9:25	W A R M U P / S T R E T C H W I T H S A N D Y							
9:30 – 10:25	S. Trews A. Robertson	Intro to Adv Natls J. Tolev	Jig C. Lacey	Core Stngth/Upr Body S. Gribbin	Jig C. Aitken	Jig E. Gollan	Sword D. Krugh	Reel E. McMillan
10:30 – 11:25	Core Stngth/Upr Body S. Gribbin	S. Trews D. Krugh	Reel A. Robertson	Fling J. Tolev	Sword C. Lacey	Flora/S. Measure C. Aitken	Barracks E. McMillan	Barracks E. Gollan
11:30 – 12:25	Advanced Mvmts C. Lacey	Core Stngth/Upr Body S. Gribbin	Flora/S. Measure E. Gollan	Flora/S. Measure D. Krugh	Barracks E. McMillan	S. Trews A. Robertson	Flora/S. Measure J. Tolev	Flora/S. Measure C. Aitken

****INTERMEDIATES MAY PARTICIPATE IN THE PRE-PREMIER OR PREMIER CLASSES****

****PREMIER DANCERS SHOULD JOIN THE CLASS THAT WILL BE DOING THEIR CHAMPIONSHIP STEPS****