

GIP OFFICIAL PRACTICE FRIDAY 01 SEPTEMBER

FESTIVAL MALL - KEMPTON PARK

| SECTION | NR | PROVINCE | PROG | START | END | NOTES |
|---------|----|----------|------|-------|-----|-------|
|---------|----|----------|------|-------|-----|-------|

| GROUP A | 9 | PROVINCE | PROG | 5.00AM | 5.40AM | 5 MIN WARM UP 5.00 -5.05 |
|---------------|---|----------|------|-------------------|--------|-----------------------------|
| SENIOR LADY | 1 | KZN | SP | | | |
| JUNIOR MEN | 2 | WP | SP | | | |
| JUNIOR LADIES | 4 | WP/KZN | SP | Duration - 40 Min | | |
| NOVICE MAN | 1 | WP | SP | | | |
| NOVICE LADY | 1 | KZN | SP | | | |

| GROUP B | 14 | PROVINCE | PROG | 5.40AM | 6.15AM | 5 MIN WARM UP 5.40 -5.45 |
|------------------|----|----------|------|-------------------|--------|-----------------------------|
| PRE NOVICE GIRLS | 7 | WP | COMP | | | |
| PRE NOVICE BOYS | 2 | WP/KZN | COMP | Duration - 35 Min | | |
| JUVENILE GIRLS | 5 | WP/KZN | FS | | | |

| | | | | | |
|------------------|--|--|--|---------------|---------------|
| RESURFACE | | | | 6.15AM | 6.40AM |
|------------------|--|--|--|---------------|---------------|

| GROUP A | 9 | PROVINCE | PROG | 6.40AM | 7.20AM | 5 MIN WARM UP 6.40 -6.45 |
|---------------|---|----------|------|-------------------|--------|-----------------------------|
| SENIOR LADY | 1 | KZN | FS | | | |
| JUNIOR MEN | 2 | WP | FS | | | |
| JUNIOR LADIES | 4 | WP/KZN | FS | Duration - 40 Min | | |
| NOVICE MAN | 1 | WP | FS | | | |
| NOVICE LADY | 1 | KZN | FS | | | |

| GROUP C | 9 | PROVINCE | PROG | 7.20AM | 7.55AM | 5 MIN WARM UP 7.20 -7.25 |
|------------------|---|----------|------|-------------------|--------|-----------------------------|
| PRE NOVICE GIRLS | 7 | WP | FS | | | |
| PRE NOVICE BOYS | 2 | WP/KZN | FS | Duration - 35 Min | | |

| GROUP D | 11 | PROVINCE | PROG | 7.55AM | 8.30AM | 5 MIN WARM UP 7.55 -8.00 |
|----------------------|----|----------|------|-------------------|--------|-----------------------------|
| SPAROWS GIRLS | 3 | WP | FS | | | |
| BRONZE HAWKS GIRLS | 4 | WP/KZN | FS | Duration - 35 Min | | |
| SILVER FALCONS GIRLS | 4 | WP/KZN | FS | | | |

| | | | | | |
|------------------|--|--|--|---------------|---------------|
| RESURFACE | | | | 8.30AM | 8.55AM |
|------------------|--|--|--|---------------|---------------|

| GROUP E | 9 | PROVINCE | PROG | 8.55AM | 9.25AM | 5 MIN WARM UP 8.55 -9.00 |
|--------------------------|---|----------|------|-------------------|--------|-----------------------------|
| GOLDEN EAGLES | 8 | WP/KZN | FS | | | |
| ADULT BEGINNER TECHNICAL | 1 | KZN | FS | Duration - 30 Min | | |

| GROUP F | 1 | PROVINCE | PROG | 9.25AM | 9.40AM | 5 MIN WARM UP 9.25 -9.30 |
|--------------------|---|----------|------|-------------------|--------|-----------------------------|
| BRONZE N/N SYNCHRO | 1 | WP | FS | Duration - 15 Min | | |

| GROUP G | 1 | PROVINCE | PROG | 9.40AM | 9.55AM | 5 MIN WARM UP 9.40 -9.45 |
|--------------------|---|----------|------|-------------------|--------|-----------------------------|
| BRONZE N/N SYNCHRO | 1 | KZN | FS | Duration - 15 Min | | |

**Music rotation to be started directly after 5 min warm up concludes
No warm up items of clothing or water bottles to be left on barriers**