

SATURDAY		
8:30 AM	Prelim / Heats Start	
8:35 AM	Primary Individual	Heats
8:42 AM	Intermediate Individual	Heats
9:00 AM	FISAF Cadet Individual	Heats
9:03 AM	Pre-Choregraphed Primary Individual - Female	Heats
9:30 AM	Pre-Choregraphed Primary Individual - Male	Heats
9:35 AM	Pre-Choregraphed Intermediate Individual	Prelims
10:35 AM	Morning Tea Break	
11:05 AM	Pre-Choregraphed Secondary Individual	Heats
11:40 AM	Secondary Novice Individual	Heats
12:10 PM	Junior Secondary Open Novice Individual	Heats
12:40 AM	Senior Secondary Open Novice Individual	Heats
1:03 PM	Adult Open Individual	Heats
1:07 PM	Lunch Break	
2:07 PM	Junior Secondary Open Individual	Heats
2:25 PM	Senior Secondary Open Individual	Heats
2:40 PM	Pre-Choregraphed Primary Team	Heats
2:48 PM	Pre-Choregraphed Intermediate Team	Heats
3:08 PM	Pre-Choregraphed Secondary Team	Heats
3:25 PM	Secondary Novice Sport Aerobic Teams	Heats
3:55 PM	Afternoon Tea Break	
4:25 PM	Adult Fitness Teams	Heats
4:28 PM	Secondary Fitness Teams	Heats
4:40 PM	Intermediate Fitness Teams	Heats
4:45 PM	Primary Fitness Teams	Heats
4:53 PM	FISAF Junior Individual	Heats
4:56 PM	FISAF Senior Individual	Heats
5:02 PM	10min Break	
5:12 PM	Primary Sport Aerobic Teams	Heats
5:17 PM	Intermediate Sport Aerobic Teams	Heats
5:24 PM	Secondary Open Sport Aerobic Teams	Heats
5:45 PM	Pre-Choregraphed Intermediate Individual	Heats
6:15 PM	Adult Open Sport Aerobic Teams	Heats
6:18 PM	FISAF Junior Duo : 2 members Team	Heats
6:21 PM	FISAF Senior Duo : 2 members Team	Heats
6:25 PM	Heats conclude	

SUNDAY		
8:30 AM	Finals Start	
8:35 AM	Adult Fitness Teams	Finals
8:38 AM	Primary Individual	Finals
8:50 AM	Intermediate Individual	Finals
8:55 AM	Cadet Individual	Finals
8:58 AM	Pre-Choregraphed Primary Individual - Female	Finals
9:10 AM	Pre-Choregraphed Primary Individual - Male	Finals
9:15 AM	Pre-Choregraphed Intermediate Individual	Finals
9:30 AM	Pre-Choregraphed Secondary Individual	Finals
9:43 AM	Morning Tea Break	
10:15 AM	Secondary Novice Individual	Finals
10:45 AM	Junior Secondary Open Novice Individual	Finals
11:10 AM	Senior Secondary Open Novice Individual	Finals
11:28 AM	Adult Open Individual	Finals
11:33 AM	Junior Secondary Open Individual	Finals
11:48 AM	Senior Secondary Open Individual	Finals
12:05 PM	Lunch Break	
1:05 PM	Pre-Choregraphed Primary Team	Finals
1:10 PM	Pre-Choregraphed Intermediate Team	Finals
1:23 PM	Pre-Choregraphed Secondary Team	Finals
1:35 PM	Secondary Novice Sport Aerobic Teams	Finals
2:00 PM	Secondary Fitness Teams	Finals
2:15 PM	Intermediate Fitness Teams	Finals
2:20 PM	Primary Fitness Teams	Finals
2:25 PM	Afternoon Tea Break	
2:55 PM	FISAF Junior Individual	Finals
2:58 PM	FISAF Senior Individual	Finals
3:10 PM	Primary Sport Aerobic Teams	Finals
3:17 PM	Intermediate Sport Aerobic Teams	Finals
3:22 PM	Secondary Open Sport Aerobic Teams	Finals
3:35 PM	Adult Open Sport Aerobic Teams	Finals
3:40 PM	FISAF Junior Duo	Finals
3:43 PM	FISAF Senior Duo	Finals
3:48 PM	Tabulation break	
4:20 PM	Prize Giving	
4:50 PM	Event Concludes	