

2023 NZCAF National Sport Aerobics Championships

16 & 17 September

Sacred Heart College

Notes All times are approximate.

Due to time constraints, the Round Up will NOT take place at the 2023 Nationals.

The timetable is arranged to allow athletes at least 60min between routines.

We are taking 7 to finals where any categories have 15 in heats.

Friday

7:00 pm - 7:30 pm Registration - Foyer

7:30 pm - 8:00 pm Coaches briefing and walk through - Foyer

Saturday - HEATS

Entries

8:15 am Floor testing for Open Teams

8:40 am Doors open to audience

9:00 am Heats welcome

9:10 am Primary Sport Aerobic Team 1

9:12 am Intermediate Sport Aerobic Team 12

9:45 am Secondary Novice Sport Aerobic Team 7

10:05 am Secondary Open Sport Aerobic Team 10

10:32 am Adult Open Sport Aerobic Team 1

10:35 am Pre Chore Primary Individual 15

11:20 am Change panels

11:25 am Pre Chore Primary Individual MALE 1

11:28 am Pre Chore Intermediate Individual 15

12:13 pm Pre Chore Secondary Individual 9

12:37 pm Change panels

12:42 pm Secondary Fitness Team 2

12:48 pm FISAF Junior Petite Fitness 2

12:53 pm FISAF Junior Grande Fitness 2

12:59 pm FISAF Masters Individual 1

1:02 pm FISAF Cadet Individual 3

1:10 pm Floor testing (Open Athletes)

1:30 pm Primary Individual 9

1:55 pm Intermediate Individual Male 2

2:01 pm Intermediate Individual 15

2:42 pm Pre Chore Primary Team 9

3:07 pm Change panels

3:12 pm Pre Chore Intermediate Team 5

3:25 pm Pre Chore Secondary Team 5

3:39 pm Secondary Novice Individual 10

4:07 pm Junior Secondary Open Novice Individual 10

4:34 pm Floor testing (FISAF Athletes)

4:58 pm Junior Secondary Open Individual 7

5:17 pm Senior Secondary Open Novice Individual 12

5:50 pm Senior Secondary Open Individual 13

6:26 pm Primary Fitness Team 3

6:34 pm Intermediate Fitness Team 3

6:43 pm Change panels

6:48 pm FISAF Youth Individual 3

6:56 pm FISAF Youth Individual Male 1

6:59 pm FISAF Junior Individual 1

7:01 pm FISAF Senior Individual 3

7:10 pm Heats conclude

8:00 am	Venue opens to athletes	
8:20 am	Doors open to audience	
<hr/>		
8:40 am	Finals welcome	
8:45 am	Primary Sport Aerobic Team	1
8:47 am	Intermediate Sport Aerobic Team	5
9:01 am	Secondary Novice Sport Aerobic Team	5
9:15 am	Secondary Open Sport Aerobic Team	5
9:29 am	Adult Open Sport Aerobic Team	1
9:31 am	Pre Chore Primary Individual	7
9:51 am	Change panels	
9:56 am	Pre Chore Primary Individual MALE	1
9:58 am	Pre Chore Intermediate Individual	7
10:18 am	Pre Chore Secondary Individual	5
10:31 am	Change panels	
10:36 am	Secondary Fitness Team	2
10:42 am	FISAF Junior Petite Fitness	2
10:47 am	FISAF Junior Grande Fitness	2
10:53 am	FISAF Masters Individual	1
10:56 am	FISAF Cadet Individual	3
11:04 am	Change panels	
11:09 am	Primary Individual	5
11:23 am	Intermediate Individual Male	2
11:28 am	Intermediate Individual	7
11:47 am	Pre Chore Primary Team	5
12:01 pm	Change panels	
12:06 pm	Pre Chore Intermediate Team	5
12:20 pm	Pre Chore Secondary Team	5
12:34 pm	Secondary Novice Individual	5
12:47 pm	Junior Secondary Open Novice Individual	5
1:01 pm	Change panels	
1:06 pm	Junior Secondary Open Individual	5
1:20 pm	Senior Secondary Open Novice Individual	5
1:34 pm	Senior Secondary Open Individual	5
1:47 pm	Primary Fitness Team	3
1:56 pm	Intermediate Fitness Team	3
2:04 pm	Change panels	
2:09 pm	FISAF Youth Individual	3
2:17 pm	FISAF Youth Individual Male	1
2:20 pm	FISAF Junior Individual	1
2:23 pm	FISAF Senior Individual	3
2:31 pm	Tabulation break - Finalists assemble on stage	
2:40 pm	Prize giving	
3:20 pm	Event ends	