

2024 NZCAF National Sport Aerobics Championships

Notes All times are approximate.

The timetable is arranged to allow athletes at least 50min between routines in heats.

Friday

7:00 pm - 7:30 pm Registration - QLDC Event Centre Foyer

Saturday - HEATS

Entries

| | | |
|----------------|---|----------|
| 8:15 am | Venue opens to athletes | |
| 8:40 am | Doors open to audience | |
| 9:00 am | Heats welcome | 1 |
| 9:10 am | NZCAF Individual: Primary Division 5 | 15 |
| 9:51 am | NZCAF Individual: Intermediate Division 5 | 14 |
| 10:29 am | NZCAF Individual: Secondary Division 5 | 11 |
| 11:00 am | NZCAF Individual: Intermediate Division 4 | 9 |
| 11:24 am | NZCAF Individual: Secondary Division 4 | 10 |
| 11:52 am | NZCAF Individual: U12 Division 3 Female | 11 |
| 12:22 pm | NZCAF Individual: U12 Division 3 Male | 1 |
| 12:25 pm | NZCAF Individual: U14 Division 3 Female | 12 |
| 12:58 pm | NZCAF Individual: U19 Division 3 Female | 11 |
| 1:28 pm | Floor testing for FISAF Cadet and Junior Individuals | 1 |
| 1:50 pm | FISAF Individual: Cadet Female | 3 |
| 1:59 pm | FISAF Individual: Cadet Male | 1 |
| 2:02 pm | FISAF Individual: Junior Female | 7 |
| 2:23 pm | NZCAF Team: Primary Division 5 | 10 |
| 2:50 pm | NZCAF Team: Intermediate Division 5 | 6 |
| 3:07 pm | NZCAF Team: Secondary Division 5 | 6 |
| 3:23 pm | NZCAF Team: Intermediate Division 4 | 6 |
| 3:40 pm | NZCAF Team: Secondary Division 4 | 5 |
| 3:54 pm | NZCAF Team: U12 Division 3 | 1 |
| 3:56 pm | NZCAF Team: U14 Division 3 | 5 |
| 4:10 pm | Floor testing for Fitness Teams & Masters | 1 |
| 4:30 pm | NZCAF U14 Fitness | 6 |
| 4:47 pm | NZCAF U18 Fitness | 4 |
| 4:58 pm | NZCAF 18+ Fitness | 1 |
| 5:00 pm | FISAF Fitness: Cadet Petite | 1 |
| 5:03 pm | FISAF Fitness: Cadet Grande | 2 |
| 5:09 pm | FISAF Fitness: Junior Petite | 3 |
| 5:17 pm | FISAF Fitness: Junior Grande | 1 |
| 5:20 pm | FISAF Fitness: Adult Petite | 1 |
| 5:22 pm | Floor testing for Division 1 Teams, FISAF Teams, Youth Individuals | 1 |
| 5:45 pm | NZCAF Team: U19 Division 2 | 9 |
| 6:10 pm | NZCAF Team: U19 Division 1 | 10 |
| 6:38 pm | FISAF Team: Cadet Duos | 1 |
| 6:40 pm | FISAF Team: Junior Duos | 1 |
| 6:43 pm | FISAF Team: Youth Trios | 1 |
| 6:46 pm | FISAF Individual: Youth Female | 4 |
| 6:57 pm | FISAF Individual: Adult Female | 3 |
| 7:05 pm | Floor testing for Div 1 Individuals | 1 |
| 7:25 pm | NZCAF Individual: U16 Division 2 Female | 10 |
| 7:53 pm | NZCAF Individual: U19 Division 2 Female | 10 |
| 8:20 pm | NZCAF Individual: U16 Division 1 Female | 5 |
| 8:34 pm | NZCAF Individual: U16 Division 1 Male | 1 |
| 8:37 pm | NZCAF Individual: U19 Division 1 Female | 11 |
| 9:07 pm | NZCAF Individual: 19+ Division 1 Female | 2 |
| 9:12 pm | Heats conclude | |

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Sunday - FINALS

Entries

| | | |
|-----------------|---|----------|
| 8:00 am | Venue opens to athletes | |
| 8:20 am | Doors open to audience | |
| 8:30 am | Finals welcome | 1 |
| 8:35 am | NZCAF Individual: Primary Division 5 | 5 |
| 8:55 am | NZCAF Individual: Intermediate Division 5 | 5 |
| 9:15 am | NZCAF Individual: Secondary Division 5 | 5 |
| 9:28 am | NZCAF Individual: Intermediate Division 4 | 5 |
| 9:42 am | NZCAF Individual: Secondary Division 4 | 5 |
| 9:56 am | NZCAF Individual: U12 Division 3 Female | 5 |
| 10:10 am | NZCAF Individual: U12 Division 3 Male | 1 |
| 10:12 am | NZCAF Individual: U14 Division 3 Female | 5 |
| 10:26 am | NZCAF Individual: U19 Division 3 Female | 5 |
| 10:40 am | BREAK | 1 |
| 10:46 am | NZCAF Team: Primary Division 5 | 5 |
| 11:00 am | NZCAF Team: Intermediate Division 5 | 5 |
| 11:13 am | NZCAF Team: Secondary Division 5 | 5 |
| 11:27 am | NZCAF Team: Intermediate Division 4 | 5 |
| 11:41 am | NZCAF Team: Secondary Division 4 | 5 |
| 11:55 am | NZCAF Team: U12 Division 3 | 1 |
| 11:57 am | NZCAF Team: U14 Division 3 | 5 |
| 12:11 pm | BREAK | 1 |
| 12:25 pm | NZCAF U14 Fitness | 5 |
| 12:39 pm | NZCAF U18 Fitness | 4 |
| 12:50 pm | NZCAF 18+ Fitness | 1 |
| 12:53 pm | FISAF Fitness: Cadet Petite | 1 |
| 12:55 pm | FISAF Fitness: Cadet Grande | 2 |
| 1:01 pm | FISAF Fitness: Junior Petite | 3 |
| 1:09 pm | FISAF Fitness: Junior Grande | 1 |
| 1:12 pm | FISAF Fitness: Adult Petite | 1 |
| 1:15 pm | BREAK | 1 |
| 1:23 pm | NZCAF Team: U19 Division 2 | 5 |
| 1:36 pm | NZCAF Team: U19 Division 1 | 5 |
| 1:50 pm | FISAF Team: Cadet Duos | 1 |
| 1:53 pm | FISAF Team: Junior Duos | 1 |
| 1:56 pm | FISAF Team: Youth Trios | 1 |
| 1:58 pm | BREAK | 1 |
| 2:10 pm | NZCAF Individual: U16 Division 2 Female | 5 |
| 2:24 pm | NZCAF Individual: U19 Division 2 Female | 5 |
| 2:38 pm | NZCAF Individual: U16 Division 1 Female | 5 |
| 2:52 pm | NZCAF Individual: U16 Division 1 Male | 1 |
| 2:54 pm | NZCAF Individual: U19 Division 1 Female | 5 |
| 3:08 pm | NZCAF Individual: 19+ Division 1 Female | 2 |
| 3:14 pm | FISAF Individual: Cadet Female | 3 |
| 3:22 pm | FISAF Individual: Cadet Male | 1 |
| 3:25 pm | FISAF Individual: Junior Female | 5 |
| 3:38 pm | FISAF Individual: Youth Female | 4 |
| 3:49 pm | FISAF Individual: Adult Female | 3 |
| 3:58 pm | BREAK | 1 |
| 4:10 pm | Prize giving | |
| 4:50 pm | Event ends | |