



## Gymnastics Nova Scotia 2026 Provincial Championships Schedule:

<b>Thursday March 26th 2026</b>		
Session 1	<b>WAG: Xcel Gold, all ages (54), A5 (3), N5 (1), N4 (1), O4 (1)</b>	Warmup: 5:00- 5:15pm Competition: 5:15- 8:00pm Awards: 7:45- 8:30pm
<b>Friday March 27th 2026</b>		
Session 2	<b>MAG: P3/ P4/ P5 Athletes (11 athletes)</b>  <b>WAG: T8 (2), N8 (2), O8 (9), Xcel Diamond all ages (10), Xcel Sapphire (1), Xcel Platinum Open (11)</b>	Warmup: 7:30- 7:45am Competition: 7:45- 11:00am Awards: - 11:00- 11:30am
Session 3	<b>MAG: P1/ P2 all ages (35 athletes)</b>  <b>WAG: N7 (14), O7 (8)</b>	Warmup: 12:00- 12:15pm Competition: 12:15- 3:00pm Awards: 3:00- 3:45pm
Session 4	<b>MAG: Elite Novice, National Open, Junior Senior (15 athletes)</b>  <b>WAG: T7, CCP 9, CCP 10, HP Novice, HP Senior</b>	4:30- 4:50pm: General Warmup 4:50- 8:15: Competition 8:15- 8:45pm Awards
<b>Saturday March 28th 2026</b>		
Session 5	<b>WAG: CCP 6 all ages (40), A7 (3)</b>	Warmup: 7:30- 7:45am Competition: 7:45- 10:00am Awards: 10:00- 10:45am
Session 6	<b>WAG: A3 (25), N3 (7), T5 (9)</b>	Warmup: 11:15- 11:30am Competition: 11:30- 1:30pm Awards: 1:30- 2:00
Session 7	<b>WAG: A4 (16), T4 (13), Xcel Platinum Tyro (7), Xcel Platinum Novice (8)</b>	Warmup: 2:30- 2:45pm Competition: 2:45- 5:05pm Awards: 5:05- 5:35pm
Session 8	<b>WAG: Tyro 3 (11), Xcel Silver all ages (45)</b>	Warmup: 6:00- 6:15pm Competition: 6:15- 8:30pm Awards: 8:30- 9:00pm