

2019 CSG AEROBICS SCHEDULE

	OPEN INDIVIDUAL	ADP INDIVIDUAL	OPEN PAIRS/TRIOS	INTERNATIONALS
9:00	Warm Up			
9:15				
9:30	Competing			
9:45				
10:00				
10:15		Warm Up		
10:30				
10:45		Competing		
11:00				
11:15				
11:30			Warm Up	
11:45				
12:00			Compete	Warm Up
12:15				
12:30				
12:45				
1:00				Compete
1:15	Presentation			
1:30				

COACHES AND PARENT NOTES:

EXCITING NEWS:

- This year's competition will be hosted at our new venue, 38 Mark Treffers Drive, QEII Park. Our new building is directly across from our old building.

THINGS TO KNOW:

- Our new venue is on the opposite side of the QEII Pools, DO NOT park in the pool parking, they will charge you a huge fee. DO NOT GO THROUGH THE BOOM GATES – This is the pools parking. Instead drive around the front of the pool through their drop off zone, over the speed bumps and into CSG's free car parking in front of our gym.
- All spectators must sit upstairs, unless physically unable to.
- We are providing a sausage sizzle and canteen upstairs, however it is only cash, so please ask our reception staff to take cash out on your way up.