



15th African Championships for RHYTHMIC & AEROBIC GYMNASTICS

10-17 March 2020

COMPETITION SCHEDULE

TIME	DESCRIPTION	LOCATION
Tuesday 10 March 2020		
<i>All day</i>	<i>Arrival of RG delegations</i>	<i>Sharm Elsheikh International Airport</i>
	<i>Accreditation</i>	<i>Hilton Sharm Waterfalls Resort information desk</i>
Wednesday 11 March 2020		
<i>08:30– 19:45</i>	<i>Podium Training according to schedule</i>	<i>Competition Hall</i>
<i>15:00 – 18:00</i>	<i>Judges Instructions and draw for difficulty places</i>	<i>Hilton Sharm Waterfalls meeting room</i>
<i>18:30 – 19:30</i>	<i>Orientation meeting – Head of delegations – judges – coaches</i>	<i>Hilton Sharm Waterfalls meeting room</i>
Thursday 12 March 2020		
<i>08:30 – 09:00</i>	<i>Judges Draw and briefing</i>	<i>Judges Meeting room (Competition hall)</i>
<i>09:00 – 10:30</i>	<i>RGI Junior (Rope and Ball) Individual Qualifications for AA and team event</i>	<i>Competition hall</i>
<i>10:30 – 10:45</i>	<i>Coffee break</i>	<i>Judges Lounge</i>
<i>10:45 – 12:15</i>	<i>RGI Junior (Clubs and Ribbon) Individual Qualifications for AA and team event</i>	<i>Competition hall</i>
<i>12:15 – 13:15</i>	<i>Lunch Break</i>	<i>Judges Lounge</i>
<i>13:15 – 15:15</i>	<i>RGI Senior (Hoop and Ball) Individual Qualifications for AA and team event /</i>	<i>Competition hall</i>



	<i>Tokyo 2020 Qualifications event</i>	
<i>15:15 – 15:45</i>	<i>Coffee break</i>	<i>Judges Lounge</i>
<i>15:45 – 17:45</i>	<i>RGI Senior (Clubs and Ribbon) Individual Qualifications for AA and team event / Tokyo 2020 Qualifications event</i>	<i>Competition hall</i>
<i>17:45 – 18:00</i>	<i>Coffee break</i>	<i>Judges Lounge</i>
<i>18:00 – 18:30</i>	<i>RGG Senior (5 Balls) AA and Finals event / Tokyo 2020 Qualifications event</i>	<i>Competition hall</i>
<i>18:30 – 19:30</i>	<i>Opening Ceremony</i>	<i>Competition hall</i>
<i>19:30 – 20:00</i>	<i>RGG Senior (3 Hoops + 2 Clubs) AA and Finals event / Tokyo 2020 Qualifications event</i>	<i>Competition hall</i>
<i>20:00</i>	<i>Award Ceremony</i>	<i>Competition hall</i>
<i>Friday 13 March 2020</i>		
<i>14:00 – 15:00</i>	<i>Judges draw and briefing</i>	<i>Judges Meeting room (Competition hall)</i>
<i>15:00 – 15:30</i>	<i>RGG Junior (5 Hoops and 5 Ribbons) AA event</i>	<i>Competition hall</i>
<i>15:30 – 17:30</i>	<i>RGI Junior Finals (Rope, Ball, Clubs and Ribbon)</i>	<i>Competition hall</i>
<i>17:30 – 18:00</i>	<i>Coffee Break</i>	<i>Judges Lounge</i>
<i>18:00 – 20:00</i>	<i>RGI Seniors Finals (Hoop, Ball, Clubs and Ribbon)</i>	<i>Competition hall</i>
<i>20:00</i>	<i>Award Ceremony</i>	<i>Competition hall</i>
<i>All day</i>	<i>Arrival of AER delegations</i>	<i>Sharm Elsheikh International Airport</i>
	<i>Accreditation</i>	<i>Hilton Sharm Waterfalls Resort information desk</i>



Saturday 14 March 2020

<i>All day</i>	<i>Departure of RG delegations</i>	<i>Sharm Elsheikh International Airport</i>
<i>10:00 – 18:15</i>	<i>Podium Training according to schedule</i>	<i>Competition Hall</i>
<i>10:00– 12.00</i>	<i>Orientation meeting – Head of delegations – judges .</i>	<i>Hilton Sharm Waterfalls meeting room</i>

Sunday 15 March 2020

<i>08:00– 12:00</i>	<i>Free Training (Optional)</i>	<i>Competition Hall</i>
<i>10:00 – 11.30</i>	<i>Judges meeting</i>	<i>Hilton Sharm Waterfalls meeting room</i>
<i>14:00– 14:35</i>	<i>Seniors (IW) Qualification</i>	<i>Competition Hall</i>
<i>14:35– 14:40</i>	<i>Break</i>	
<i>14:40 – 15:00</i>	<i>Seniors (IM) Finals</i>	<i>Competition Hall</i>
<i>15:00– 15:05</i>	<i>Break</i>	
<i>15:05– 15:30</i>	<i>Juniors (IW) Finals</i>	<i>Competition Hall</i>
<i>15:30– 15:35</i>	<i>Break</i>	
<i>15:35– 15:55</i>	<i>Juniors (IM) Finals</i>	<i>Competition Hall</i>
<i>15:55– 16:00</i>	<i>Break</i>	
<i>16:00 – 16:25</i>	<i>Age Group1 (IW) Finals</i>	<i>Competition Hall</i>
<i>16:25– 16:30</i>	<i>Break</i>	
<i>04:30 – 04:45</i>	<i>Age Group1 (IM) Finals</i>	<i>Competition Hall</i>
<i>16:45– 17:45</i>	<i>Coffee Break</i>	<i>Judges Lounge</i>
<i>17:45– 18:00</i>	<i>Seniors (MP) Finals</i>	<i>Competition Hall</i>
<i>18:00– 18:05</i>	<i>Break</i>	
<i>18:05– 18:25</i>	<i>Juniors (MP) Finals</i>	<i>Competition Hall</i>
<i>18:25– 18:30</i>	<i>Break</i>	



18:30– 18:40	Age Group1 (MP) Finals	Competition Hall
18:45	Award ceremonies	Competition Hall
Monday 16 March 2020		
08:00– 12:00	Free Training Optional	Competition Hall
10:00– 11.30	Judges meeting	Hilton Sharm Waterfalls meeting room
14:00– 14:25	Seniors (IW) Finals	Competition Hall
14:25– 14:30	Break	
14:30– 14:50	Juniors (TRIO) Finals	Competition Hall
14:50 – 14:55	Break	
14:55– 15:05	Age Group1 (TRIO) Finals	Competition Hall
15:05– 15:10	Break	
15:10 – 15:25	Seniors (TRIO) Finals	Competition Hall
15:30	Award ceremonies	
Tuesday 17 March 2020 All Day For Departure		

Sharm El sheikh, Egypt
Rhythmic-Aerobic
2020