



2023 Tamara Cup Final Schedule

THURSDAY, APRIL 6

R1: Level 3	
10:45am	Gym Opens for Warm-up
11:45am - 1:00pm	Competition
1:15pm	Awards - Level 3
R2: Level 4 CB 2015 & CC	
12:05pm	Gym Opens for Warm-up
1:05pm - 1:55pm	Competition
2:10pm	Awards - Level 4 CB 2015 & CC
R3: Level 4 CB 2014 & CA	
1:00pm	Gym Opens for Warm-up
2:00pm - 2:45pm	Competition
3:00pm	Awards - Level 4 CB 2014 & CA Top 3 Level 4 Overall
R4: Level 5 CB 2015 & CC 2012	
1:35pm	Gym Opens for Warm-up
2:50pm - 4:40pm	Competition
5:00pm	Awards - Level 5 CB 2015 & CC 2012
R5: Level 5 CC 2013	
3:30pm	Gym Opens for Warm-up
4:45pm - 6:25pm	Competition
6:40pm	Awards - Level 5 CC 2013
R6: Level 5 CB 2014 & JA	
5:45pm	Gym Opens for Warm-up
7:00pm - 8:45pm	Competition
9:00pm	Awards - Level 5 CB 2014 & JA Top 3 Level 5 Overall

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FRIDAY, APRIL 7

R7: Level 6 CC 2012 & JA	
7:30am	Gym Opens for Warm-up
9:00am - 10:40am	Competition
11:00am	Awards - Level 6 CC 2012 & JA
R8: Level 6 CB	
9:15am	Gym Opens for Warm-up
10:45am - 12:10pm	Competition
12:30pm	Awards - Level 6 CB
R9: Level 6 CC 2013	
11:15am	Gym Opens for Warm-up
12:45pm - 2:25pm	Competition
2:40pm	Awards - Level 6 CC 2013 Top 3 Level 6 Overall
R10: Level 7 CC	
1:00pm	Gym Opens for Warm-up
2:30pm - 4:45pm	Competition
5:00pm	Awards - Level 7 CC
R11: Level 7 CB, JB & JA Subgroup 1	
3:20pm	Gym Opens for Warm-up
4:50pm - 6:15pm	Competition
6:30pm	Awards - Level 7 CB & JB
R12: Level 7 JA Subgroup 2	
5:15pm	Gym Opens for Warm-up
6:45pm - 8:05pm	Competition
8:15pm	Awards - Level 7 JA Top 3 Level 7 Overall
8:30pm OPENING CEREMONY	
8:45pm GALA PERFORMANCES	

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SATURDAY, APRIL 8

R13: FIG Jr Group & Level 9 Jr 2010 Subgroup 1	
7:30am	Gym Opens for Warm-up
9:00am - 9:55am	Competition (2 events)
R14: Level 9 Jr 2010 Subgroup 2	
8:25am	Gym Opens for Warm-up
9:55am - 10:45am	Competition (2 events)
R15: Level 9 Jr 2008-2009 Subgroup 1	
9:20am	Gym Opens for Warm-up
10:50am - 12:05pm	Competition (2 events)
R16: Level 9 Jr 2008-2009 Subgroup 2	
10:35am	Gym Opens for Warm-up
12:05pm - 1:20pm	Competition (2 events)
R17: Level 9 Hopes	
12:20pm	Gym Opens for Warm-up
1:50pm - 2:45pm	Competition (2 events)
R18: Level 10 Junior	
1:20pm	Gym Opens for Warm-up
2:50pm - 3:35pm	Competition (2 events)
R19: Level 10 Senior Subgroup 1	
2:10pm	Gym Opens for Warm-up
3:40pm - 4:25pm	Competition (2 events)
R20: Level 10 Senior Subgroup 2	
2:55pm	Gym Opens for Warm-up
4:25pm - 5:20pm	Competition (2 events)
R21: Level 9 Senior Subgroup 1	
4:20pm	Gym Opens for Warm-up
5:50pm - 6:40pm	Competition (2 events)
R22: Level 9 Senior Subgroup 2	
5:15pm	Gym Opens for Warm-up
6:45pm - 7:40pm	Competition (2 events)
R23: Level 8 JA 2010 & CC	
6:15pm	Gym Opens for Warm-up
7:45pm - 8:35pm	Competition (2 events)
R24: Level 8 JA 2011 & JB	
7:10pm	Gym Opens for Warm-up
8:40pm - 9:25pm	Competition (2 events)

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SUNDAY, APRIL 9

R25: FIG Jr Group & Level 9 Jr 2010 Subgroup 2	
7:30am	Gym Opens for Warm-up
9:00am - 9:55am	Competition (2 events)
R26: Level 9 Jr 2010 Subgroup 1	
8:25am	Gym Opens for Warm-up
9:55am - 10:45am	Competition (2 events)
11:00am	Awards - Level 9 Jr 2010
R27: Level 9 Jr 2008-2009 Subgroup 2	
9:20am	Gym Opens for Warm-up
10:50am - 12:05pm	Competition (2 events)
R28: Level 9 Jr 2008-2009 Subgroup 1	
10:35am	Gym Opens for Warm-up
12:05pm - 1:20pm	Competition (2 events)
1:40pm	Awards - Level 9 Jr 2008-2009
R29: Level 9 Hopes	
12:20pm	Gym Opens for Warm-up
1:50pm - 2:45pm	Competition (2 events)
3:00pm	Awards - Level 9 Hopes Top 3 Level 9 Hope/Junior Overall
R30: Level 10 Junior	
1:15pm	Gym Opens for Warm-up
2:45pm - 3:30pm	Competition (2 events)
3:45pm	Awards - Level 10 Junior
R31: Level 10 Senior Subgroup 2	
2:05pm	Gym Opens for Warm-up
3:35pm - 4:25pm	Competition (2 events)
R32: Level 10 Senior Subgroup 1	
2:55pm	Gym Opens for Warm-up
4:30pm - 5:15pm	Competition (2 events)
5:30pm	Awards - Level 10 Senior
R33: Level 9 Senior Subgroup 2	
4:15pm	Gym Opens for Warm-up
5:45pm - 6:40pm	Competition (2 events)
R34: Level 9 Senior Subgroup 1	
5:10pm	Gym Opens for Warm-up
6:45pm - 7:40pm	Competition (2 events)
7:45pm	Awards - Level 9 Senior Top 3 Level 9 Senior Overall

R35: Level 8 JA 2010 & CC	
6:15pm	Gym Opens for Warm-up
7:45pm - 8:35pm	Competition (2 events)
8:50pm	Awards - Level 8 JA 2010 & CC
R36: Level 8 JA 2011 & JB	
7:10pm	Gym Opens for Warm-up
8:40pm - 9:25pm	Competition (2 events)
9:30pm	Awards - Level 8 JA 2011 & JB
	Top 3 Level 8 Overall

