



# Program

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**FISAF World Fitness Championships**

**Cadet, Junior and Senior**

**Sport Aerobic, Fitness and Hip Hop**

**Gold Coast Australia**

**18<sup>th</sup> to 22<sup>nd</sup> October 2011**

## **Sunday 16<sup>th</sup> October**

### **Arrival of SA and FT Cadet and Junior judges**

## **Monday 17<sup>th</sup> October**

- All day           Arrival of SA/FT Cadets and Junior Athletes and transfers to their accommodation
- Up till 11.00    Arrival of Cadet/Junior SA and FT judges prior to open workshops
- 11.00 -13.00    Fitness Teams Open Judges Workshop (shadow judges and panel members to attend)
- 13.00 - 14.00   Lunch for Judging Panel
- 14.00 - 17.00   Sport Aerobic Open Judges Workshop (shadow judges and panel members to attend)
- 18.00            SA/FT Shadow Judges Exam
- 18.00            TC Meeting
- 19.30 - 21.30   Dinner for Judges with LOC

## **Tuesday 18<sup>th</sup> October**

- All Day           Continued arrival of SA/FT Cadet and Junior athletes to their accommodation
- All Day           Registration of Athletes
- All Day           Arrival of SA/FT Senior Judges
- 09.00 - 12.00   Floor testing for Cadet and Junior athletes
- 10.00 - 12.00   Judges Panel Meetings Cadet and Junior (SA/FT)
- 12.00 - 13.30   Lunch for Judges
- 13.30 - 18.30   Preliminary Round for SA and FT - Cadets and Juniors
- 19.00 - 20.00   Championship Corner SA/FT - Informal wine and cheese meeting
- 20.00 - 21.30   SA/FT Judges Dinner and Debriefing

### **Wednesday 19<sup>th</sup> October**

All Day	Arrival of Hip Hop Panel members
Up till 20.00	Arrival of Senior SA/FT panel members
09.00 - 12.00	Continued Registration of Athletes
0900 - 13.00	Semi Finals for SA/FT Cadet and Junior
13.00 - 14.30	Judges lunch
13.30 - 15.00	Floor Testing for SA Seniors
15.30 - 17.30	Finals for SA/FT Cadet and Junior
17.30	Award Ceremony for Cadet and Junior
19.00 - 20.30	Floor testing for FT Seniors
19.00 - 21.30	Dinner for Judges
20.00	Senior Judges Panel meetings and dinner SA/FT
21.30 - 24.00	After Party for Cadets and Juniors at Jupiter's, Thongs and Sarongs

### **Thursday 20<sup>th</sup> October**

All day	Arrival of Hip Hop Crews to their accommodation
All day	Departure of Cadet and Junior panel
Up till 14.00	Arrival of Hip Hop Panel members
09.00 - 12.00	Preliminary round for SA/FT Seniors
13.00 - 14.00	Judges lunch and debrief
13.00 - 16.00	Floor testing Hip Hop, all age categories
14.15 - 16.30	Hip Hop Open Judges Workshop
17.00- 20.00	Semi Finals for SA/FT Seniors
19.00 - 20.30	HH Shadow Judges Exam
20.00	Hip Hop Panel meeting
19.00 - 21.00	Dinner for Judges

### **Friday 21 October**

- 08.00 - 09.00 Hip Hop Panel Meeting, if required
- 09.00 - 12.00 Preliminary round, Cadet and Junior Hip Hop
- 10.00 – 18.00 Educational & Business Summit
- 12.00 – 13.30 Judges Lunch and debrief
- 13.30 - 15.30 Preliminary round, Senior Hip Hop
- 16.00 - 18.30 Semi Finals Hip Hop, Cadets and Juniors
- 19.00 - 20.00 Championship Corner Hip Hop - Informal wine and cheese meeting
- 20.00 - 22.00 Judges Dinner
- 20.00 - 22.00 TC 2<sup>nd</sup> meeting and dinner

### **Saturday 22 October**

#### **Day of rest and recreation for Senior SA/FT Athletes**

- 09.00 - 12.00 General Assembly
- 12.00 - 13.00 Semi Final HH Seniors
- 13.00 - 14.00 Judges Lunch
- 15.30 - 17.30 Finals and Award Ceremony for all Hip Hop Categories
- 17.30 - 18.00 FISAF Official Reception
- 18.00 - 20.30 Finals and Award Ceremony for Senior SA/FT
- 21.00 After Party / All Seniors and Hip Hop Categories
- 21.00 Judges Dinner and Party

### **Sunday 23 October**

- All Day Departure of all delegations and Judges**