



FISAF World Fitness Championships 18th to 22nd October

Cadet, Junior and Senior

Sport Aerobic, Fitness and Hip Hop

Gold Coast Australia

Competition Timetable

(subject to minor changes)

Sunday 16th October

Arrival of delegations

Monday 17th October

All day	Arrival of Sport Aerobic and Fitness Cadets and Junior Athletes	Transfers to accommodation
11.00 -13.00	Fitness Teams Open Judges Workshop (Shadow judges and all panel members to attend, open to athletes and coaches)	Loft Meeting Room -Freshwater Point Resort
14.00 - 17.00	Registration for Cadet and Junior Athletes	Gold Coast Convention Centre- Registration area only. Please note NO other areas of GCCEC are open to delegates
14.00 - 17.00	Sport Aerobic Open Judges Workshop (Shadow judges and all panel members to attend, open to athletes and coaches)	Loft Meeting Room-Freshwater Point Resort
17.00	Sport Aerobic FRF skill element check for Cadet and Junior, athletes to be notified	TBA if required- Freshwater Point Resort

Tuesday 18th October

All Day	Continued arrival of Sport Aerobic/Fitness Cadet & Junior athletes	
All Day	Registration of Athletes	GCCEC – Registration Area
09.00 - 12.00	Floor testing for Cadet and Junior athletes	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
13.25 - 13.35	Opening Ceremony Cadet and Junior Sport Aerobic and Fitness	Convention Centre
13.35 – 15.00	Preliminary Round for Sport Aerobic Cadet (Men, Women, Pairs, Teams)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
15.00 – 15.15	Break	
15.15 – 17.00	Preliminary Round for Sport Aerobic Junior (Men, Women, Pairs, Teams)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
17.00 – 17.15	Break	
17.15 – 18.15	Preliminary Round for Fitness Cadets (Step, Aerobic) Preliminary Round for Fitness Juniors (Step, Aerobic)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
19.00 - 20.00	Informal Championship Corner for Sport Aerobic and Fitness, open to everyone	Judges Green Room 2

Wednesday 19th October

09.00 - 12.00	Continued Registration of Athletes	Registration Area Convention Centre
09.00 - 10.15	Semi Finals for Sport Aerobic Cadet (Men, Women, Pairs, Teams)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
10.15 – 12.00	Semi Finals for Sport Aerobic Junior (Men, Women, Pairs, Teams)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
12.00 – 12.15	Break	
12.15 – 12.45	Semi Finals for Fitness Cadet (Step, Aerobic)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
12.45 – 13.15	Semi Finals for Fitness Junior (Step, Aerobic)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
13.30 - 15.00	Floor Testing for Sport Aerobic Seniors	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
15.30 - 18.30	Finals for Sport Aerobic and Fitness Cadet and Junior	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
18.30 – 19.00	Award Ceremony for Cadet and Junior	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
19.00	Sport Aerobic FRF skill element check for Seniors, athletes to be notified	Judges Green Room 2
19.00 - 20.30	Floor testing for Fitness Seniors	Convention Centre - Enter through Ground floor doors into Backstage Arena 2 Door B
21.00 -23.00	After Party for Cadets and Juniors	Central Room A, Convention Centre

Thursday 20th October

All day	Arrival of Hip Hop Crews / Departure cadet and junior athletes	
08.55 - 09.05	Opening Ceremony Seniors Sport Aerobic and Fitness	
09.05 - 11.00	Preliminary round for Sport Aerobic Seniors (Men, Women, Pairs, Teams)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
11.00- 11.15	Break	
11.15 – 12.00	Preliminary round for Fitness Seniors (Step, Aerobic)	Convention Centre - Enter through Ground floor doors into Backstage Area
12.30 - 16.30	Floor testing Hip Hop, all age categories	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
14.15 - 16.45	Hip Hop Open Judges Workshop (Shadow Judges required, open to crews, managers etc)	Judges Green Room 3
17.00- 18.45	Semi Finals for Sport Aerobic Seniors (Men, Women, Pairs, Teams)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
18.45 – 19.00	Break	
19.00 – 19.45	Semi Finals for Fitness Seniors (Step, Aerobic)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2

Friday 21 October

10.25 - 10.35	Opening Ceremony Hip Hop	
10.30 – 12.15	Preliminary round Hip Hop (Cadet, Junior, Senior)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
15.00 - 16.30	Semi Finals Hip Hop (Cadets, Juniors, Seniors)	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
19.00 - 20.00	Championship Corner Hip Hop - Informal and open to everyone	Convention Centre Breakout Room 5

Saturday 22 October

15.30 - 17.30	Finals and Award Ceremony for all Hip Hop Categories	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
18.00 - 20.30	Finals and Award Ceremony for Senior Sport Aerobic and Fitness	Convention Centre - Enter through Ground floor doors into Backstage Arena 2
21.00	After Party / All Seniors and Hip Hop Categories	Second Floor Western Foyer

Sunday 23 October

All Day	Departure of all delegations and Judges	
10.00 – 12.00	Possible Verbal Feedback Session (Information on this given during the competition)	