



*in partnership with*



*are excited to welcome you for:*

## 2023 Manitoba Opens

Niverville Recreational Centre

501 Centre Street, Niverville, MB

Admission tickets can be purchased in advance using the link below or with cash only at the door:

<https://manitobagymnastics.uplifterinc.com/pages/tg-mb-opens-tickets/>

Friday, April 14th, 2023				
5:00-5:20	Run & Stretch			
<b>DMT Prelims</b>				
5:20-5:40	Level 3+	Warm Up		
5:40-6:00	Level 3+	Compete		
6:00-6:20	Level 7-Sr	Q2		
<b>Trampoline - Prelims</b>			<b>Tumbling Training</b>	
6:30-6:40	Level 1	Warm up	6:30-8:00	L4+
6:40-7:00	Level 1	Compete		
7:00-7:15	Level 2	Warm up		
7:15-7:35	Level 2	Compete		

**Saturday, April 15th, 2023**

9:00-9:20	Run & Stretch	
<b>DMT Prelims</b>		
9:20-9:30	Level 1	Warm up
9:30-9:45	Level 1	Compete
9:45-10:00	Level 2	Warm up
10:00-10:25	Level 2	Compete
<b>DMT Finals</b>		
10:25-10:40	Level 3+	Warm up
10:40-11:00	Level 3+	Finals
11:00-11:10	Level 1	Warm up
11:10-11:25	Level 1	Finals
11:25-11:40	Level 2	Warm up
11:40-12:05	Level 2	Finals
<b>Lunch Break</b>		
<b>DMT Awards</b>		
12:40-1:00	Run & Stretch	
<b>Tumbling Prelims</b>		
1:00-1:15	All Levels	warm up
1:15-1:35	All Levels	Compete
1:35-1:55	L7	Q2
<b>Trampoline Prelims</b>		
2:00-2:15	Level 3+	Warm up
2:15-2:40	Level 3+	Compete
<b>Trampoline Finals</b>		
2:40-2:50	Level 1	Warm up
2:50-3:00	Level 1	Compete
3:00-3:10	Level 2	Warm up
3:10-3:20	Level 2	Compete
3:20-3:30	Level 3+	Warm up
3:30-3:40	Level 3+	Compete
<b>Snack Break</b>		
<b>TRA Awards</b>		
4:00-4:20	Run & Stretch	
<b>Tumbling Finals</b>		
4:20-4:40	All Levels	Warm up
4:40-5:00	All Levels	Compete
<b>Tumbling Awards</b>		

If you have any questions, please contact [mga.kmiller@sportmanitoba.ca](mailto:mga.kmiller@sportmanitoba.ca).