



# Union Africaine de Gymnastique

## CHAMPIONNATS D'AFRIQUE – AFRICAN CHAMPIONSHIPS NAMIBIE 2010 – NAMIBIA 2010

### RG Program

Date	RG program	Estimated Time
<b>4<sup>th</sup> March</b>	Arrival & Training	
<b>5<sup>th</sup> March</b>	Training (Judges Course)	Is to be arranged
<b>6<sup>th</sup> March</b>	Podium Training	
<b>7<sup>th</sup> March</b>	Groups Competition <b>I II</b> AC Seniors Competition <b>I II</b> (Rope, hoop, YOGQ & AC Junior <b>I II</b> (Rope, hoop)	10 am -11 am 11:30 pm – 2:30 pm 3:30 pm – 6:30 pm
<b>8<sup>th</sup> March</b>	AC Seniors Competition <b>I II</b> (ball, ribbon) YOGQ & AC Junior <b>I II</b> (ball, clubs)	11 am - 2 pm 3 pm – 6 pm
<b>9<sup>th</sup> March</b>	AC Seniors Competition <b>III</b> AC Juniors Competition <b>III</b> <b>Closing &amp; Banquet</b>	11 am – 1 pm 4 pm – 6 pm
<b>10<sup>th</sup> March</b>	RG Departure	

Yasmine Samir Alexan  
UAG RG TC President