

2017 PALARONG PAMBANSA
San Jose, Antique
April 23-29, 2017

GYMNASTICS
SCHEDULE OF GAMES

DATE	DISCIPLINE	COMPETITION	REMARKS
April 21	MAG - Cluster 1, 2 & 3 (FX & Mushroom)	IAA & Team Competition	
	RG - Elementary & Secondary (Freehand, Rope & Hoop)		
April 22	MAG - Cluster 1,2, & 3 (Vault)	IAA & Team Competition	
	RG - Elementary & Secondary (Balls & Clubs)		
April 23	WAG - Elementary (Cluster 1)	Individual All Around Finals	
	RG - Elementary & Secondary Finals	Apparatus Finals	
April 24	WAG - Secondary (Cluster 3)	IAA & Team Competition	
	AERO - Elementary	Competition Final	
April 25	MAG - Elementary & Secondary	Apparatus Final	
	WAG - Elementary & Secondary	Apparatus Final	
	Awarding Ceremonies for RG, MAG, WAG & AERO		

Prepared by:


JULIUS A. ARANDIA
 MAG


AMELIA B. BERGONIA
 WAG


DIVINA FABEREN
 RG

ANNA LOU M. CARREON
 AG

2017 PALARONG PAMBANSA
San Jose De Buenavista, Antique

Men's Artistic Gymnastics
Schedule of Activities

- April 20, 2017 - **Solidarity Meeting** (Coaches & Technical Officials)
(9:00 AM-12:00NN) AVR Room, St. Anthony's College (SAC) Main
- April 21, 2017 - **Competition Proper**
Binirayan Sports Gymnasium

TIME	Elementary / Secondary
6:00 - 7:30	- Athletes' General Warm - Up
7:30 - 8:00	- Opening & Checking of Galleries
8:00 - 12:00	- Competition I & II cluster 1, 2 & 3 – floor Exercise
12:00 - 1:30	- Lunch Break
1:30 - 5:00	- Competition I & II cluster 1, 2 & 3 – Mushroom Exercise

April 22, 2017

6:00 - 8:00	- Athletes' General Warm - Up
8:00 - 12:00	- Competition I & II cluster 1, 2 & 3 – Vault Exercise
12:00 - 1:30	- Lunch Break
1:00 - 5:00	- Victory Ceremony Competition I & II Cluster 1,2 & 3

April 25, 2017

6:00 - 8:00	- Athletes' General Warm - Up
8:00 - 11:00	- Competition III – cluster 2 & 3
11:00 - 12:00	- Victory Ceremony Competition III


JULIUS A. ARANDIA
 MAG TM

2017 PALARONG PAMBANSA
San Jose De Buenavista, Antique

GYMNASTICS Schedule of Activities

- April 18 – 19, 2017 - Technical Officials' Refresher Course
Malandog Elementary School, Hamtic, Antique
- April 20, 2017 - Solidarity Meeting (Coaches & Technical Officials)
(9:00 AM-12:00NN) AVR Room, St. Anthony's College (SAC) Main

- April 21, 2017 - **RHYTHMIC GYMNASTICS**
Competition I & II (Elementary & Secondary

TIME	Elementary / Secondary
6:00 - 7:30	- Athletes' General Warm - Up
7:30 - 8:00	- Opening & Checking of Galleries
8:00 - 12:00	- Competition on FREEHAND (E) & ROPE (S)
12:00 - 1:30	- Lunch Break
1:30 - 5:00	- Competition on ROPE (E) & HOOP (S)

April 22, 2017

6:00 - 8:00	- Athletes' General Warm - Up
8:00 - 12:00	- Competition on BALL (E & S)
12:00 - 1:30	- Lunch Break
1:00 - 5:00	- Competition on CLUBS (E & S) - Awarding of Medals for Comp. I & II (Team & IAA)

April 23, 2017 Individual Event Finals

6:00 - 7:00	- Finalists' General Warm - Up
7:00 - 8:30	- Competition III on FREEHAND, ROPE, BALL & CLUBS for Elementary
8:30 - 10:00	- Competition III on ROPE, HOOP, BALLS & CLUBS for Secondary

April 24 & 25, 2017

6:00 - 8:00	- Athletes' General Warm - Up
8:00 - 12:00	- Support to WAG & AERO
12:00 - 1:30	- Lunch Break
1:30 - 5:00	- Awarding Ceremonies


DIVINA J. BEREN
 RG TM

2017 PALARONG PAMBANSA
San Jose De Buenavista, Antique

Women's Artistic Gymnastics (WAG) Schedule of Activities

April 18 – 19, 2017 - Technical Officials' Refresher Course
Malandog Elementary School, Hamtic, Antique

April 20, 2017 - Solidarity Meeting (Coaches & Technical Officials)
(9:00 AM-12:00NN) AVR Room, St. Anthony's College (SAC) Main

April 21, 2017 - **Women's Artistic Gymnastics (WAG)**

TIME	Elementary / Secondary
6:00 - 7:30	- Athletes' General Warm - Up
7:30 - 8:00	- Opening & Checking of Galleries
8:00 - 12:00	- Support to RG & MAG
12:00 - 1:30	- Lunch Break
1:30 - 5:00	- Support to RG & MAG

April 22, 2017

6:00 - 8:00	- Athletes' General Warm - Up
8:00 - 12:00	- Support to RG & MAG
12:00 - 1:30	- Lunch Break
1:00 - 5:00	- Support to MAG & RG

April 23, 2017

6:00 - 7:00	- Athletes' General Warm - Up
7:00 - 10:00	- Competition III (SB, VT, BB & FX) Cluster 1

April 24, 2017

6:00 - 8:00	- Athletes' General Warm - Up
8:00 - 12:00	- Competition I & II (SB, VT, BB & FX) Cluster 2
12:00 - 1:30	- Lunch Break
1:30 - 5:00	- Competition I & II (SB, VT, BB & FX) Cluster 3

April 25, 2017

6:00 - 8:00	- Finalists' Warm - Up
8:00 - 11:00	- Support to MAG & RG Finals
11:00 - 12:00	- Awarding of Medals (MAG)
12:00 - 1:30	- Lunch Break
1:30 - 3:30	- WAG Apparatus Finals – Competition III (Elementary & Secondary)
3:30 - 5:00	- Awarding of Medals (WAG) & Certificates


AMELIA B. BERGONIA
WAG™