



## Royal South Street Society: Proposed Calisthenic Timetable 2009

### MONDAY 5<sup>TH</sup> OCTOBER DIVISION SEVEN JUNIORS

10.00 AM	75.1	Figure Marching	13
	72.1	Clubs	16
	70.1	Free Exercises	16
2.30 PM	71.1	Rods	16
	73.1	Aesthetic Exercises	14
6.00 PM	74.1	Folk Dance	13
	78.1	Calisthenics Revue	11

### TUESDAY 6<sup>TH</sup> OCTOBER DIVISION SEVEN & SIX SUB-JUNIORS

9.30 AM	15.2	Figure Marching	3
	15.1	Figure Marching	6
	16.2	Clubs	3
	16.1	Clubs	7
	10.2	Free Exercises	3
	10.1	Free Exercises	7
1.15 PM	13.2	Rods	3
	13.1	Rods	7
	14.2	Aesthetic Exercises	3
	14.1	Aesthetic Exercises	6
	11.2	Song/s with Action	3
	11.1	Song/s with Action	6

NO EVENING SESSION

### WEDNESDAY 7<sup>TH</sup> OCTOBER DIVISION SIX JUNIORS

10.00 AM	77	Figure Marching	11
	72	Clubs	14
	70	Free Exercises	14
2.30 PM	71	Rods	14
	73	Aesthetic Exercises	13
6.00 PM	74	Folk Dance	9
	78	Calisthenics Revue	9

### THURSDAY 8<sup>TH</sup> OCTOBER DIVISION FIVE SUB-JUNIORS

8.30 AM	15	Figure Marching	8
	16	Clubs	11
	10	Free Exercises	10
	13	Rods	10
	14	Aesthetic Exercises	8
	11	Song/s with Action	6

### DIVISION FIVE JUNIORS

2.15 PM	87	Figure Marching	11
	82	Clubs	15
	80	Free Exercises	15
	81	Rods	15
7.00 PM	83	Aesthetic Exercises	11
	84	Folk Dance	10
	88	Calisthenics Revue	9

### FRIDAY 9<sup>TH</sup> OCTOBER DIVISION FOUR SUB-JUNIORS

8.30 AM	25	Figure Marching	7
	26	Clubs	11
	20	Free Exercises	9
	23	Rods	9
	24	Aesthetic Exercises	10
	21	Song/s with Action	6

### DIVISION FOUR JUNIORS

2.15 PM	97	Figure Marching	8
	92	Clubs	13
	90	Free Exercises	12
	91	Rods	13
7.15 PM	93	Aesthetic Exercises	11
	94	Folk Dance	8
	98	Calisthenics Revue	7

### SATURDAY 10<sup>TH</sup> OCTOBER TINIERS

10.30 AM	0	Free Exercises	16
	3	Rods	16
1.30 PM	2	Folk Dance	13
	1	Song/s with Action	11

NO EVENING SESSION

### SUNDAY 11<sup>TH</sup> OCTOBER DIVISION THREE SUB-JUNIOR

10.00 AM	35	Figure Marching	10
	36	Clubs	13
	30	Free Exercises	13
	33	Rods	13
2.45 PM	34	Aesthetic Exercises	12
	32	Folk Dance	10
	31	Song/s with Action	8

NO EVENING SESSION

### MONDAY 12<sup>TH</sup> OCTOBER DIVISION THREE JUNIORS

10.00 AM	107	Figure Marching	11
	102	Clubs	18
	100	Free Exercises	16
2.30 PM	101	Rods	16
	103	Aesthetic Exercises	15
6.15 PM	104	Folk Dance	11
	108	Calisthenic Revue	8

### TUESDAY 13<sup>TH</sup> OCTOBER DIVISION TWO SUB-JUNIORS

9.30 AM	46	Figure Marching	11
	44	Clubs	17
	40	Free Exercises	15
2.00 PM	43	Rods	16
	45	Aesthetic Exercises	12
5.30 PM	42	Folk Dance	10
	41	Song/s with Action	7



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### WEDNESDAY 14<sup>TH</sup> OCTOBER

#### DIVISION TWO JUNIORS

9.00 AM	117	Figure Marching	9
	112	Clubs	15
	110	Free Exercises	14
	111	Rods	15
2.15 PM	113	Aesthetic Exercises	13
	114	Folk Dance	11
	118	Calisthenic Revue	7

#### NO EVENING SESSION

### THURSDAY 15<sup>TH</sup> OCTOBER

#### DIVISION ONE SUB-JUNIORS

10.00 AM	56	Figure Marching	11
	54	Clubs	16
	50	Free Exercises	15
	53	Rods	15
2.30 PM	55	Aesthetic Exercises	14
	52	Folk/Character	11
	51	Song/s with Action	9

#### NO EVENING SESSION

### FRIDAY 16<sup>TH</sup> OCTOBER

#### DIVISION ONE JUNIORS

10.15 AM	126	Figure Marching	10
	122	Clubs	14
	120	Free Exercises	15
2.15 PM	121	Rods	13
	123	Aesthetic Exercises	12
5.30 PM	124	Folk Dance	11
	128	Calisthenic Revue	8

### SATURDAY 17<sup>TH</sup> OCTOBER

#### CHAMPIONSHIP JUNIORS

9.30 AM	136	Figure Marching	10
	132	Clubs	18
	130	Free Exercises	18
2.15 PM	131	Rods	18

	134	Folk Dance	10
6.00 PM	133	Aesthetic Exercises	15
	138	Calisthenic Revue	8

### SUNDAY 18<sup>TH</sup> OCTOBER

#### CHAMPIONSHIP SUB-JUNIORS

8.45 AM	66	Figure Marching	10
	64	Clubs	16
	60	Free Exercises	15
	63	Rods	15
2.00 PM	65	Aesthetic Exercises	14
	62	Folk/Character Dance	9
	61	Song/s with Action	8

#### DIVISION SEVEN SENIORS

7.15 PM	213.1	Aesthetic Exercises	8
	215.1	Song and Dance	8
	218.1	Calisthenic Revue	8

### MONDAY 19<sup>TH</sup> OCTOBER

#### DIVISION SEVEN SENIORS (Cont)

9.00 AM	217.1	Figure Marching	8
	212.1	Clubs	10
	210.1	Free Exercises	9
	211.1	Rods	10

#### DIVISION SIX SENIORS

2.00 PM	217	Figure Marching	8
	212	Clubs	10
	210	Free Exercises	10
	211	Rods	10
6.30 PM	213	Aesthetic Exercises	8
	215	Song and Dance	8
	218	Calisthenic Revue	8

### TUESDAY 20<sup>TH</sup> OCTOBER

#### DIVISION FIVE SENIORS

8.45 AM	227	Figure Marching	10
	222	Clubs	12
	220	Free Exercises	12

	221	Rods	12
2.00 PM	223	Aesthetic Exercises	12
	225	Song and Dance	9
	228	Calisthenic Revue	9

#### DIVISION FOUR SENIORS

7.00 PM	233	Aesthetic Exercises	11
	235	Song and Dance	10
	238	Calisthenic Revue	9

### WEDNESDAY 21<sup>ST</sup> OCTOBER

#### DIVISION FOUR SENIORS (Cont)

8.30 AM	237	Figure Marching	10
	232	Clubs	11
	230	Free Exercises	11
	231	Rods	11

#### DIVISION THREE SENIORS

1.45 PM	247	Figure Marching	9
	242	Clubs	12
	240	Free Exercises	12
	241	Rods	12
7.15 PM	243.1	Rhythmic Aesthetic	9
	245	Song and Dance	9
	248	Calisthenic Revue	10

### THURSDAY 22<sup>ND</sup> OCTOBER

#### DIVISION TWO SENIORS

8.30 AM	257	Figure Marching	8
	252	Clubs	9
	250	Free Exercises	9
	251	Rods	9
1.00 PM	253.1	Rhythmic Aesthetic	8
	255	Song & Dance	8
	258	Calisthenic Revue	8

#### DIVISION ONE SENIORS

6.00 PM	263.1	Rhythmic Aesthetic	6
	265	Song & Dance	6
	269	Calisthenic Revue	6



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FRIDAY 23<sup>rd</sup> OCTOBER

DIVISION ONE SENIORS (Cont)

9.00 AM	267	Figure Marching	6
	262	Clubs	7
	260	Free Exercises	6
	261	Rods	6
	NO	AFTERNOON	
6.30 PM	280	GRACEFUL SOLO	

SATURDAY 24<sup>th</sup> OCTOBER

CHAMPIONSHIP SENIORS

9.00 AM	276	Figure Marching	9
	272	Clubs	14
	270	Free Exercises	11
1.45 PM	271	Rods	11
	273	Aesthetic Exercises	11
	275	Song and Dance	9
7.00 PM	277	Rhythmic Dance Int	10
	278	Calisthenic Revue	9

SUNDAY 25<sup>th</sup> OCTOBER

CHAMPIONSHIP RESERVE SENIORS

8.30 AM	276.1	Figure Marching	9
	272.1	Clubs	11
	270.1	Free Exercises	10
	271.1	Rods	11
2.00 PM	275.1	Song and Dance	9
	273.2	Rhythmic Aesthetic	10
	278.1	Calisthenic Revue	9

DIVISION SIX INTERMEDIATES

7.15 PM	143	Aesthetic Exercises	11
	145	Song and Dance	10
	148	Calisthenic Spec	10

MONDAY 26<sup>th</sup> OCTOBER

DIVISION SIX INTERMEDIATES (CONT)

8.30 AM	147	Figure Marching	11
	142	Clubs	13
	140	Free Exercises	13
	141	Rods	12

DIVISION SEVEN INTERMEDIATES

2.30 PM	147.1	Figure Marching	8
	142.1	Clubs	10
	140.1	Free Exercises	10
	141.1	Rods	10
7.00 PM	143.1	Aesthetic Exercises	9
	145.1	Song and Dance	8
	148.1	Calisthenic Spec	8

TUESDAY 27<sup>th</sup> OCTOBER

DIVISION FIVE INTERMEDIATES

8.30 AM	157	Figure Marching	9
	152	Clubs	10
	150	Free Exercises	10
	151	Rods	10
1.00 PM	153	Aesthetic Exercises	10
	155	Song and Dance	9
	158	Calisthenic Spec	9

DIVISION FOUR INTERMEDIATES

6.00 PM	163	Aesthetic Exercises	12
	165	Song and Dance	9
	168	Calisthenic Spec	9

WEDNESDAY 28<sup>th</sup> OCTOBER

DIVISION FOUR INTERMEDIATES (CONT)

8.30 AM	167	Figure Marching	9
	162	Clubs	12
	160	Free Exercises	12
	161	Rods	12

DIVISION THREE INTERMEDIATES

2.15 PM	177	Figure Marching	9
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	172	Clubs	14
	170	Free Exercises	14
	171	Rods	14
7.25 PM	173.1	Rhythmic Aesthetic	10
	175	Song and Dance	9
	178	Calisthenic Spec	9

THURSDAY 29<sup>th</sup> OCTOBER

DIVISION TWO INTERMEDIATES

10.15 AM	187	Figure Marching	11
	182	Clubs	13
	180	Free Exercises	13
2.45 PM	181	Rods	13
	183.1	Rhythmic Aesthetic	13
6.00 PM	185	Song and Dance	10
	188	Calisthenic Spec	8

FRIDAY 30<sup>th</sup> OCTOBER

DIVISION ONE INTERMEDIATES

10.30 AM	197	Figure Marching	8
	192	Clubs	14
	190	Free Exercises	13
2.30 PM	191	Rods	13
	193.1	Rhythmic Aesthetic	13
6.00 PM	195	Song & Dance	8
	199	Calisthenic Spec	8

SATURDAY 31<sup>st</sup> OCTOBER

CHAMPIONSHIP INTERMEDIATES

9.00 AM	207	Figure Marching	10
	202	Clubs	16
	200	Free Exercises	16
1.30 PM	201	Rods	16
	203	Aesthetic Exercises	15
	205	Song and Dance	9
6.45 PM	208	Rhythmic Dance Interp	11
	209	Calisthenic Spec	8