

**EAST REGIONAL SCHEDULE - SATURDAY FEBRUARY 20TH**

<b>TEAM</b>	<b>DIVISION</b>	<b>REPORT</b>	<b>MAT 1</b>	<b>TUMBLE STRIP</b>	<b>FULL FLOOR</b>	<b>PERFORM</b>
<b>L'Escale</b>	<b>JR INT NON TUMBLE</b>	<b>11:20:00 AM</b>	<b>11:25:00 AM</b>	<b>11:30:00 AM</b>	<b>11:35:00 AM</b>	<b>12:00:00 PM</b>
NAISMITH	JR INT	11:25:00 AM	11:30:00 AM	11:35:00 AM	11:40:00 AM	12:05:00 PM
D'Accadie	JR INT	11:30:00 AM	11:35:00 AM	11:40:00 AM	11:45:00 AM	12:10:00 PM
Ecole De Barhaven	JR INT	11:35:00 AM	11:40:00 AM	11:45:00 AM	11:50:00 AM	12:15:00 PM
<b>L'Escale</b>	<b>HS LG NON TUMBLE</b>	<b>11:40:00 AM</b>	<b>11:45:00 AM</b>	<b>11:50:00 AM</b>	<b>11:55:00 AM</b>	<b>12:20:00 PM</b>
<b>De la Salle</b>	<b>HS LG NON TUMBLE</b>	<b>11:45:00 AM</b>	<b>11:50:00 AM</b>	<b>11:55:00 AM</b>	<b>12:00:00 PM</b>	<b>12:25:00 PM</b>
Almonte Public H.S	HS SM INT	11:50:00 AM	11:55:00 AM	12:00:00 PM	12:05:00 PM	12:30:00 PM
<b>Holy Cross</b>	<b>HS LG INT</b>	<b>11:55:00 AM</b>	<b>12:00:00 PM</b>	<b>12:05:00 PM</b>	<b>12:10:00 PM</b>	<b>12:35:00 PM</b>
St Marks	HS LG ADV	12:00:00 PM	12:05:00 PM	12:10:00 PM	12:15:00 PM	12:40:00 PM
Sacred Heart	HS LG ADV	12:05:00 PM	12:10:00 PM	12:15:00 PM	12:20:00 PM	12:45:00 PM
<b>St Matthew High School</b>	<b>HS COED INT NON TUMBLE</b>	<b>12:10:00 PM</b>	<b>12:15:00 PM</b>	<b>12:20:00 PM</b>	<b>12:25:00 PM</b>	<b>12:50:00 PM</b>
SALTOS	SENIOR OPEN DANCE	12:15:00 PM	12:20:00 PM	12:25:00 PM	12:30:00 PM	12:55:00 PM
<b>Capital City Storm</b>	<b>MINI 1</b>	<b>12:20:00 PM</b>	<b>12:25:00 PM</b>	<b>12:30:00 PM</b>	<b>12:35:00 PM</b>	<b>1:00:00 PM</b>
Capital City Storm	YOUTH 1	12:25:00 PM	12:30:00 PM	12:35:00 PM	12:40:00 PM	1:05:00 PM
<b>BLACK WIDOW</b>	<b>YOUTH 2</b>	<b>12:30:00 PM</b>	<b>12:35:00 PM</b>	<b>12:40:00 PM</b>	<b>12:45:00 PM</b>	<b>1:10:00 PM</b>
<b>BLACK WIDOW</b>	<b>LARGE JUNIOR 2</b>	<b>12:35:00 PM</b>	12:40:00 PM	12:45:00 PM	12:50:00 PM	1:15:00 PM
<b>Capital City Storm</b>	<b>LARGE JUNIOR 2</b>	12:40:00 PM	12:45:00 PM	12:50:00 PM	12:55:00 PM	1:20:00 PM
Ottawa Storm	SMALL JUNIOR 2	<b>12:45:00 PM</b>	<b>12:50:00 PM</b>	<b>12:55:00 PM</b>	<b>1:00:00 PM</b>	<b>1:25:00 PM</b>
SALTOS	SMALL JUNIOR 2	<b>12:50:00 PM</b>	<b>12:55:00 PM</b>	<b>1:00:00 PM</b>	<b>1:05:00 PM</b>	<b>1:30:00 PM</b>
SUPERNOVAS	SMALL JUNIOR 2	12:55:00 PM	1:00:00 PM	1:05:00 PM	1:10:00 PM	1:35:00 PM
<b>BLACK WIDOW</b>	<b>LARGE JUNIOR 3</b>	<b>1:00:00 PM</b>	<b>1:05:00 PM</b>	<b>1:10:00 PM</b>	<b>1:15:00 PM</b>	<b>1:40:00 PM</b>
BLACK WIDOW	SENIOR 3	1:05:00 PM	1:10:00 PM	1:15:00 PM	1:20:00 PM	1:45:00 PM
<b>BLACK WIDOW</b>	<b>SENIOR 4.2</b>	<b>1:10:00 PM</b>	<b>1:15:00 PM</b>	<b>1:20:00 PM</b>	<b>1:25:00 PM</b>	<b>1:50:00 PM</b>
<b>CAPITAL CITY STORM</b>	<b>SENIOR 4.2</b>	<b>1:15:00 PM</b>	<b>1:20:00 PM</b>	<b>1:25:00 PM</b>	<b>1:30:00 PM</b>	<b>1:55:00 PM</b>
BLACK WIDOW	SENIOR 4	1:20:00 PM	1:25:00 PM	1:30:00 PM	1:35:00 PM	2:00:00 PM
<b>OTTAWA UNIVERSITY</b>	<b>DEMO</b>	<b>1:25:00 PM</b>	<b>1:30:00 PM</b>	<b>1:35:00 PM</b>	<b>1:40:00 PM</b>	<b>2:05:00 PM</b>

**AWARDS TO FOLLOW**