

2025 NZCAF Aerobics National Championships	
Saturday 13th September - Heats	
Important : On Saturday morning we are operating two venues:	
	Venue 1 : Old Gymnasium; Division 5 individuals
	Venue 2: Elizabeth Reid Gymnasium: Division 4 and 3 Individuals
	<i>Athletes in other categories are asked to watch from the gallery until warm up spaces become available at 12:30</i>
7:45 am	<i>Warm up spaces open to athletes and registered coaches for Saturday morning sessions</i>
8:15 am	Coach & athlete briefing
Venue 1	Old Gymnasium
	Division 5 Individual Heats
7:45 am	<i>Warm up space for Division 5 individuals</i>
8:45 am	<i>Old Gymnasium opens to spectators</i>
8:50 am	<i>First athletes side stage</i>
9:00 am	<i>Heats welcome</i>
9:10 am	NZCAF Novice Individual Primary Division 5
10:05 am	NZCAF Novice Individual Primary Division 5 Male
	<i>Break</i>
10:30 am	NZCAF Novice Individual Intermediate Division 5
11:27 am	NZCAF Novice Individual Secondary Division 5
12:00 pm	<i>Old Gymnasium available to Division 5 Teams as warm up space</i>
	<i>Old Gymnasium Performance are closed and reset.</i>
12:27 pm	<i>Old Gymnasium available to ALL categories as warm up space</i>
12:42 pm	<i>Old Drama Theatre warm up space closes</i>
Venue 2	Elizabeth Reid Gymnasium
	All Other Categories Heats
7:45 am	<i>Warm up space (Old Drama Theatre) opens for Division 4 and 3 Individuals</i>
8:45 am	<i>Elizabeth Reid Gymnasium opens to spectators</i>
8:50 am	<i>First athletes side stage</i>
9:00 am	<i>Heats welcome</i>
9:10 am	NZCAF Fitness U19
9:26 am	NZCAF Novice Individual Intermediate Division 4
10:01 am	NZCAF Novice Individual Secondary Division 4
	<i>Break</i>
10:50 am	NZCAF Open Individual U12 Division 3
11:20 am	NZCAF Open Individual U12 Division 3 Male
11:22 am	NZCAF Open Individual U14 Division 3
12:00 pm	NZCAF Open Individual U19 Division 3
12:30 pm	<i>Floor testing - FISAF Fitness Teams</i>
12:42 pm	<i>Warm up space closes - Old Drama Theatre</i>
12:50 pm	NZCAF Novice Team Primary Division 5
1:17 pm	NZCAF Novice Team Intermediate Division 5
1:55 pm	NZCAF Novice Team Secondary Division 5

2:14 pm	NZCAF Novice Team Intermediate Division 4
2:25 pm	NZCAF Novice Team Secondary Division 4
2:47 pm	NZCAF Open Team U12 Division 3
2:55 pm	NZCAF Open Team U14 Division 3
<i>3:03 pm</i>	<i>Floor testing for Division 1 Teams</i>
3:25 pm	NZCAF Fitness U14
3:47 pm	FISAF Fitness Cadet Grande
3:52 pm	FISAF Fitness Junior Grande
4:00 pm	FISAF Fitness Cadet Petite
4:05 pm	FISAF Fitness Junior Petite
4:07 pm	FISAF Fitness Adult
<i>4:12 pm</i>	<i>Floor testing for FISAF Individuals</i>
4:35 pm	NZCAF Open Team U19 Division 2
4:48 pm	NZCAF Open Team U19 Division 1
5:01 pm	NZCAF Open Team 19+ Division 1
5:03 pm	FISAF Individual Cadet
5:19 pm	FISAF Individual Youth
5:27 pm	FISAF Individual Junior
<i>5:43 pm</i>	<i>Floor testing for Div 1 Individuals and FISAF Teams</i>
6:05 pm	NZCAF Open Individual U16 Division 2
6:38 pm	NZCAF Open Individual U19 Division 2
6:57 pm	NZCAF Open Individual U16 Division 1
7:10 pm	NZCAF Open Individual U16 Division 1 Male
7:12 pm	NZCAF Open Individual U19 Division 1
7:39 pm	NZCAF Open Individual 19+ Division 1
7:50 pm	FISAF Individual Masters
7:52 pm	FISAF Individual Adult
8:00 pm	FISAF Team Cadet Duos
8:02 pm	FISAF Team Junior Duos
8:13 pm	FISAF Team Junior Trio
8:15 pm	FISAF Team Youth Duos
8:23 pm	Heats conclude

2025 NZCAF Aerobics National Championships		
Sunday 14th September - Finals		
Finals - Elizabeth Reid Gymnasium		
7:30 am	Warm up spaces open - Old Gymnasium	
8:15 am	Venue opens to spectators	
8:20 am	First athletes side stage	
8:30 am	Finals welcome	
8:35 am	NZCAF Novice Individual Primary Division 5	8
8:57 am	NZCAF Novice Individual Primary Division 5 Male	4
9:08 am	NZCAF Novice Individual Intermediate Division 5	8
9:30 am	NZCAF Novice Individual Secondary Division 5	5
9:43 am	Break	
9:55 am	NZCAF Fitness U19	5
10:08 am	NZCAF Novice Individual Intermediate Division 4	5
10:21 am	NZCAF Novice Individual Secondary Division 4	5
10:34 am	NZCAF Open Individual U12 Division 3	5
10:47 am	NZCAF Open Individual U12 Division 3 Male	1
10:49 am	NZCAF Open Individual U14 Division 3	5
11:02 am	NZCAF Open Individual U19 Division 3	5
11:15 am	Panel Change	
11:20 am	NZCAF Novice Team Primary Division 5	5
11:33 am	NZCAF Novice Team Intermediate Division 5	5
11:46 am	NZCAF Novice Team Secondary Division 5	5
11:59 am	NZCAF Novice Team Intermediate Division 4	4
12:10 pm	NZCAF Novice Team Secondary Division 4	5
12:23 pm	NZCAF Open Team U12 Division 3	3
12:31 pm	NZCAF Open Team U14 Division 3	3
12:39 pm	Break	
12:45 pm	NZCAF Fitness U14	5
12:58 pm	FISAF Fitness Cadet Grande	2
1:03 pm	FISAF Fitness Junior Grande	3
1:11 pm	FISAF Fitness Cadet Petite	2
1:16 pm	FISAF Fitness Junior Petite	1
1:18 pm	FISAF Fitness Adult	2
1:23 pm	Break	
1:30 pm	NZCAF Open Team U19 Division 2	5
1:43 pm	NZCAF Open Team U19 Division 1	5
1:56 pm	NZCAF Open Team 19+ Division 1	1
1:58 pm	FISAF Individual Cadet	5
2:11 pm	FISAF Individual Youth	3
2:19 pm	FISAF Individual Junior	5
2:32 pm	Break	
2:40 pm	NZCAF Open Individual U16 Division 2	5

2:53 pm	NZCAF Open Individual U19 Division 2	5
3:06 pm	NZCAF Open Individual U16 Division 1	5
3:19 pm	NZCAF Open Individual U16 Division 1 Male	1
3:21 pm	NZCAF Open Individual U19 Division 1	5
3:34 pm	NZCAF Open Individual 19+ Division 1	4
3:45 pm	FISAF Individual Masters	1
3:47 pm	FISAF Individual Adult	3
3:55 pm	FISAF Team Cadet Duos	1
3:57 pm	FISAF Team Junior Duos	4
4:08 pm	FISAF Team Junior Trio	1
4:10 pm	FISAF Team Youth Duos	3
<i>4:18 pm</i>	<i>Finals conclude</i>	
<i>4:30 pm</i>	<i>Prize Giving</i>	
<i>5:00 pm</i>	<i>Event finish</i>	