

Recommended MINIMUM Time Allowance Guide for Lighting Rehearsals

These are the **MINIMUM** time periods that Apollo Lighting Service recommends that coaches allow for lighting rehearsals.

		No Projection	With Projection
Tinies & Sub-Juniors	Standard Items (Not Applicable)	-----	-----
	Fancy Items	20mins	30mins
Juniors & Inters	Standard Items (Aesthetic only for Juniors)	15mins	25mins
	Fancy Items	25mins	35mins
Seniors & Masters	Standard Items	20mins	30mins
	Fancy Items	30mins	40mins

Graceful and Solo/Duo times should be taken as 'Fancy' items.

The above times apply **only** if the coach has already thought about and prepared the lighting that is required for the item and allows for plotting the lights, running through the cues to check them and then **one** run through with the Team / Competitor.

If the lighting has **not** been thought about and prepared, please allow more time.

If stage positioning whilst plotting lights or more run throughs are desired, please allow more time.

If non-standard chases are desired, these need to be created individually and take a few minutes each, please allow more time.

Items with projection take longer because we need to run the DVD through, pausing on each image, to adjust the lights to match the image as well as the position of the competitors on stage.

For Non-Projection Items

Please allow 5mins at the start of the rehearsal for the technician to turn on the lights and turn off the flood lights etc and 5mins at the end of the rehearsal for saving your items to the USBs and to reset the theatre for the next rehearsal. Also please remember that changing age groups during a rehearsal takes several minutes for the saving process.

For Projection Items

Please allow 10mins at the start and end of the rehearsal for the above tasks and turning the projector on and off.