

GYMSTART

Competition 2023

Timetable

SATURDAY 4TH MARCH: Competition 1

*11.45am - Doors Open to spectators

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| 11.00am: | Doors open for coaches, judges & gymnasts |
| 11.00am: | Registration for the below levels/age groups
<i>Girls - Level 1 Over 10, Level 2 Over 10, Level 5 Over 11, Level 6 Over 11,
All Level 7's and All Level 8's</i> |
| 11.30am: | Judges meeting |
| 11.45am – 12.10pm: | General warm up |
| 12.10pm – 12.20pm: | Get ready to march on |
| 12.20pm – 12.25pm: | March on |
| 12.25pm – 12.30pm: | Apparatus Warm up |
| 12.30pm: | Competition 1 begins |
| 1.45pm: | Competition 1 concludes |
| 1.45pm – 2.30pm: | Medal presentation starting with participation medals |
| 2.30pm: | March off |