

GYMSTART

Competition 2023

Timetable

SATURDAY 4TH MARCH: Competition 2

*3.45pm - Doors open to spectators

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| 3.00pm: | Doors open for gymnasts & coaches |
| 3.00pm: | Registration for the below levels/age groups
<i>Girls - Level 1 Under 7, Under 8, Under 9, Under 10, Level 2 Under 6, Under 7, Level 3 Under 6, Under 7, Level 5 Under 8, Under 9, Under 10, Under 11 and All Boys – All Levels</i> |
| 3.30pm – 3.55pm: | General warm up |
| 3.55pm – 4.05pm: | Get ready to march on |
| 4.05pm – 4.10pm: | March on |
| 4.10pm – 4.15pm: | Apparatus Warm up |
| 4.15pm: | Competition 2 begins |
| 5.30pm: | Competition 2 concludes |
| 5.30pm – 6.15pm: | Medal presentation starting with participation medals |
| 6.15pm: | March off |