

GYMSTART

Competition 2023

Timetable

SUNDAY 5TH MARCH: Competition 3

*10.15am- Doors Open to Spectators

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| 9.30am: | Doors open - Gymnasts and Coaches |
| 9.30am: | Registration for the below levels/age groups
<i>Girls – Level 2 Under 9, Level 3 Over 10 and Level 4 Over 11</i> |
| 10.00am: | Judges meeting |
| 10.00am – 10.25am: | General warm up |
| 10.25am – 10.35am: | Get ready to march on |
| 10.35am – 10.40am: | March on |
| 10.40am – 10.45am: | Apparatus Warm up |
| 10.45am: | Competition 3 begins |
| 11.55am: | Competition 3 concludes |
| 11.55am – 12.30pm: | Medal presentation starting with participation medals |
| 12.30pm: | March off |