

# GYMSTART

## Competition 2023

### Timetable

**SUNDAY 5<sup>TH</sup> MARCH: Competition 4**

\*1.45pm Doors open to spectators

1.00pm:	Doors Open Gymnasts and Coaches
1.00pm:	Registration for the below levels/age groups <i>Girls – Level 1 Under 6, Level 2 Under 8, Level 3 Under 8, Under 9, Level 4 Under 8, Under 9, Under 10, Level 6 Under 9 and Under 10</i>
1.30pm – 1.55pm:	General warm up
1.55pm – 2.05pm:	Get ready for March On
2.05pm – 2.10pm:	March On
2.10pm – 2.15pm:	Apparatus Warm up
2.15pm:	Competition 4 begins
3.20pm:	Competition 4 concludes
3.20pm – 3.50pm:	Medal presentation starting with participation medals
3.50pm:	March off