

GYMSTART

Competition 2023

Timetable

SUNDAY 5TH MARCH: Competition 5

*4.45pm Doors open to spectators

4.00pm:	Doors Open Gymnasts and Coaches
4.00pm:	Registration for the below levels/age groups <i>Girls – Level 2 Under 10, Level 3 Under 10, Level 4 Under 11 and Level 6 Under 11</i>
4.30pm – 4.55pm:	General warm up
4.55pm – 5.05pm:	Get ready for March On
5.05pm – 5.10pm:	March On
5.10pm – 5.15pm:	Apparatus Warm up
5.15pm:	Competition 5 begins
6.20pm:	Competition 5 concludes
6.20pm – 6.50pm:	Medal presentation starting with participation medals
6.50pm:	March off

END