

GYMSTART

GymSTART Challenge Competition 2019 TIMETABLE

GymSTART Challenge Competition - SESSION 1 (8.00-11.00am)		
7.45am	Doors Open	Levels & Age Groups (in Session 1) All Level 1 Boys All Level 1 Girls Level 2 Girls O13 All Level 3 Boys Level 3 Girls U7 All Level 4 Girls All Level 4 Boys
7.45am	Registration Opens (gymnasts in Session 1 only)	
8.00am	Judges Meeting	
8.15am	Coaches Meeting	
8.20am	Preparation for March on (all gymnasts in Session 1)	
8.30am	March on & General Warm Up	
8.45am	Rotation 1	
9.15am	Rotation 2	
9.45am	Rotation 3	
10.15am	Rotation 4	
11.00am	Parade of Participants & Medal Presentation	

GymSTART Challenge Competition - SESSION 2 (11.45-3.00pm)		
11.45am	Registration opens (gymnasts in Session 2 only)	Levels & Age Groups (in Session 2) Level 2 Girls U7/U8/U9/U12/U13 All Level 2 Boys Level 3 Girls U9/O13
12.00pm	Judges Meeting	
12.10pm	Coaches Meeting	
12.20pm	Preparation for March on (all gymnasts in Session 2)	
12.30pm	March on & General Warm Up	
12.45pm	Rotation 1	
1.15pm	Rotation 2	
1.45pm	Rotation 3	
2.15pm	Rotation 4	
3.00pm	Parade of Participants & Medal Presentation	

GymSTART Challenge Competition - SESSION 3 (3.45-7.00pm)		
3.45pm	Registration opens (gymnasts in Session 3 only)	Levels & Age Groups (in Session 3) Level 2 Girls U10/U11 Level 3 Girls U10/U11/U12/U13
4.20pm	Preparation for March on (all gymnasts in Session 3)	
4.30pm	March on & General Warm Up	
4.45pm	Rotation 1	
5.15pm	Rotation 2	
5.45pm	Rotation 3	
6.15pm	Rotation 4	
7.00pm	Parade of Participants & Medal Presentation	