

The GymSTART Challenge - Dublin 2022

TIMETABLE

SESSION 2	
1.00-2.00pm	Doors open for All Gymnasts
1.15-2.30pm	Orientation and General Warm up (in warm up area)
2.30-2.40pm	Prepare for March On (all gymnasts)
2.40-2.50pm	Event Opening & March On (all gymnasts)
2.50-2.55pm	March off Rotation 2 and 3
2.55-3.25pm	Rotation 1: <ul style="list-style-type: none"> - Warm Up (7 mins) - Routine Performances - March off
3.30-4.00pm	Rotation 2: <ul style="list-style-type: none"> - March on - Warm Up (5 mins) - Routine Performance - March off
4.05-4.35pm	Rotation 3: <ul style="list-style-type: none"> - March on - Warm Up (5 mins) - Routine Performance - March off
4.15-4.30pm	Rotations 1 and 2 Medal Presentation (medal presentation zone/warm up area) AND prepare for march on
4.35-4.45pm	Rotation 3 Medal Presentation (medal presentation zone/warm up area) AND prepare for march on
4.45-4.50pm	March On with medals to your participation floor (all gymnasts)
4.50-5.00pm	All gymnasts present medals to audience
5.00-5.10pm	March Off
5.10-5.30pm	Gymnast collection & club departure
END OF SESSION 2 ~EVENT CLOSE~	