

GYMSTART

Competition 2020

Timetable

***IMPORTANT:** Seating for spectators in the main competition arena will be open from 7.20am for session 1 when children are dropped off for registration.

Session 1	
7.20am	Doors Open
7.30am	Registration
7.40-8.20am	General Warm up - <i>in warm up area</i>
8.20-8.30am	Get ready for March on
8.30am	March on
8.35-8.40am	Competition Warm up - <i>on apparatus</i>
8.40-9.10am	Rotation 1
9.10-9.15am	Competition Warm up - <i>on apparatus</i>
9.15-9.45am	Rotation 2
9.45-10.00am	Presentation of Participation Medals
10.00-10.30am	Medal Presentation (1 st , 2 nd , 3 rd , highly commended 4 th , 5 th , 6 th)
10.30-10.35am	March off