

# GYMSTART

## Competition 2020

### Timetable

**\*IMPORTANT:** Seating for spectators in the main competition arena will be open from approx. 10.35am for session 2. Prior to this time, there is “waiting seating” in an adjacent hall, plus the NIA café or spectators can leave and come back. Tickets can be presented when children are dropped off for registration and spectators will be given wrist bands.

Session 2	
9.45am	Registration
10.00-10.45am	General Warm up - <i>in warm up area</i>
10.45-10.55am	Get ready for March on
10.55am	March on
11.00-11.05am	Competition Warm up - <i>on apparatus</i>
11.05-11.35am	Rotation 1
11.35-11.40am	Competition Warm up - <i>on apparatus</i>
11.40-12.10pm	Rotation 2
12.10-12.25pm	Presentation of Participation Medals
12.25-12.40pm	Medal Presentation (1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , highly commended 4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> )
12.40-12.45	March off