

GYMSTART

Competition 2020

Timetable

***IMPORTANT:** Seating for spectators in the main competition arena will be open from 12.45pm for session 3. 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 3	
11.55pm	Registration
12.10-12.55pm	General Warm up - <i>in warm up area</i>
12.55-1.05pm	Get ready for March on
1.05pm	March on
1.10-1.15pm	Competition Warm up - <i>on apparatus</i>
1.15-1.45pm	Rotation 1
1.45-1.50pm	Competition Warm up - <i>on apparatus</i>
1.50-2.20pm	Rotation 2
2.20-2.35pm	Presentation of Participation Medals
2.35-2.50pm	Medal Presentation (1 st , 2 nd , 3 rd , highly commended 4 th , 5 th , 6 th)
2.50-2.55pm	March off