

GYMSTART

Competition 2020

Timetable

***IMPORTANT:** Seating for spectators in the main competition arena will be open from approx. 2.55pm for Session 4. 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 4	
2.10pm	Registration
2.20-3.05pm	General Warm up - <i>in warm up area</i>
3.05-3.15pm	Get ready for March on
3.15pm	March on
3.20-3.25pm	Competition Warm up - <i>on apparatus</i>
3.25-4.05pm	Rotation 1
4.05-4.10pm	Competition Warm up - <i>on apparatus</i>
4.10-4.50pm	Rotation 2
4.50-5.05pm	Presentation of Participation Medals
5.05-5.20pm	Medal Presentation (1 st , 2 nd , 3 rd , highly commended 4 th , 5 th , 6 th)
5.20-5.25pm	March off