

GYMSTART

Competition 2020

Timetable

***IMPORTANT:** Seating for spectators in the main competition arena will be open from approx. 5.25pm for session 5. 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 5	
4.45pm	Registration
4.55-5.35pm	General Warm up - <i>in warm up area</i>
5.35pm	Get ready for March on
5.45pm	March on
5.50-5.55pm	Competition Warm up - <i>on apparatus</i>
5.55-6.25pm	Rotation 1
6.25-6.30pm	Competition Warm up - on apparatus
6.30-7.00pm	Rotation 2
7.00-7.15pm	Presentation of Participation Medals
7.15-7.30pm	Medal Presentation (1 st , 2 nd , 3 rd , highly commended 4 th , 5 th , 6 th)
7.30-7.35pm	March off