

The GymSTART Challenge - Limerick 2019

TIMETABLE

SESSION 1: 8.30-11.30pm	
8.30am	Doors Open for Session 1 Registration opens for gymnasts, coaches & Chaperones
8.30-9.15am (45mins)	Orientation and general warm-up for Session 1
9.00am	Coaches & Assessors Meeting
9.15-9.25am (10 mins)	Prepare for March-on - <i>all gymnasts in Session 1</i>
9.25-9.45am (20 mins)	General March-on & group warm-up - <i>all gymnasts in Session 1</i>
9.45-10.10am (25 min)	Rotation 1: <ul style="list-style-type: none">- 3-minute warm-up on event floor strips- Routine performances- March off
10.10-10.35am	Rotation 2
10.35-11.00am	Rotation 3
11.00-11.20am	March-on & Awarding Ceremony
11.30am	Session 1 concludes
11.30-12.00pm (30 mins)	Gymnast collection & club departure
SESSION 2: 12.00-3.00pm	
12.00pm	Doors Open for Session 2 Registration opens for gymnasts, coaches & chaperones
12.00-12.45 (45mins)	Orientation and general warm-up for Session 2
12.30pm	Coaches & Assessors Meeting
12.45-12.55 (10mins)	Prepare for March-on - <i>all gymnasts in Session 2</i>
12.55-1.15pm (20 mins)	General March-on & group warm-up - <i>all gymnasts in Session 2</i>
1.15-1.40pm (25 mins)	Rotation 1: <ul style="list-style-type: none">- 3-minute warm-up on event floor strips- Routine performances- March off
1.40-2.05pm	Rotation 2
2.05-2.30pm	Rotation 3
2.30- 2.50pm (20 mins)	March-on & Awarding Ceremony
3.00pm	Session 2 concludes
3.00-3.30pm	Gymnast collection and club departure
SESSION 3: 3.30-6.30pm	
3.30pm	Doors Open for Session 3 Registration opens for gymnasts, coaches & chaperones
3.30-4.15pm (45mins)	Orientation and general warm-up for Session 3
4.00pm	Coaches & Assessors Meeting
4.15-4.25pm (10mins)	Prepare for March-on - <i>all gymnasts in Session 3</i>
4.25-4.45pm	General March-on & group warm-up - <i>all gymnasts in Session 3</i>
4.45-5.10pm (25 mins)	Rotation 1: <ul style="list-style-type: none">- 3-minute warm-up on event floor strips- Routine performances- March off
5.10-5.35pm	Rotation 2
5.35-6.00pm	Rotation 3
6.00-6.20pm	Awarding Ceremony
6.30pm	Session 3 concludes
6.30pm	Gymnast collection and club departure