

GYMSTART

Competition 2022

Timetable

SATURDAY 5TH MARCH: Competition 1

*2pm - Doors Open to spectators

1.15pm:	Doors open for coaches, judges & gymnasts
1.30pm:	Registration
1.45pm - 2.30pm:	General warm up
2.30pm - 2.45pm:	Get ready to march on
2.45pm:	March on
2.55 - 3.00pm:	Competition warm up
3.00 - 3.45pm:	Rotation 1
3.45 - 3.50pm:	<i>Rotate</i>
3.50 - 3.55pm:	Competition warm up
3.55 - 4.40pm:	Rotation 2
4.40 - 5.00pm:	Participation medal presentation
5.00 - 5.30pm:	1 st , 2, 3 rd medals and highly comm cert presentation
5.30pm:	March off