



## Competition 2022

### Timetable

**SUNDAY 6<sup>TH</sup> MARCH: Competition 4**

\*3.40pm Doors open to spectators

2.30pm:	Doors Open Gymnasts and Coaches
2.45pm:	Registration
3.00 - 3.50pm:	General warm up
3.50 - 4.00pm:	Get ready for March On
4.00 - 4.05pm:	March On
4.05 - 4.10pm:	Competition warm up
4.10 - 4.50pm:	Rotation 1
4.50 - 4.55pm:	<i>Rotate</i>
4.55 - 5.00pm:	Competition warm up
5.00 - 5.40pm:	Rotation 2
5.40 - 6.00pm:	Participation medal presentation
6.00 - 6.30pm:	1 <sup>st</sup> , 2, 3 <sup>rd</sup> medals and highly comm cert presentation
6.30pm:	March off

END