

## GymSTART Challenge

Dublin 2023

### TIMETABLE

National Indoor Arena (Blue Hall)

9.30-10.00am	Registration open for All Gymnasts
9.30am	Doors open for Spectators (one hour pre-event)
10.40-10.50am	Event Opening & March On (all gymnasts)
10.50-10.55am	March off Rotation 2
10.55-11.15am	<b>Rotation 1</b> <ul style="list-style-type: none"><li>- Warm Up (5 mins)</li><li>- Routine Performances</li><li>- March off</li></ul>
11.15-11.35am	<b>Rotation 2</b> <ul style="list-style-type: none"><li>- March on</li><li>- Warm Up (5 mins)</li><li>- Routine Performances</li><li>- March off</li></ul>
12.00-12.05pm	All gymnasts present to audience
12.05-12.10	March Off
12.10-12.20pm	Gymnast collection & club departure
<i>Event Ends</i>	