

The GymSTART Challenge - Dublin 2018

TIMETABLE

SESSION 1: 9:00am-1:00pm		
9.00am	Doors Open for Session 1 Registration opens for gymnasts, coaches & Chaperones	
9.15-10.00am	Orientation and general warm-up for Session 1	
9.30am	Coaches Meeting	
10.00am	Prepare for March-on	
10.15-10.30am	General march-on & group warm-up - <u>all gymnasts</u>	
10.30am	March-off	
10.35-11.00am (25 min)	Rotation 1: - 3-minute warm-up on event floor strips - Routine performances - March off	
11.00-11.25am	Rotation 2	
11.25-11.55pm	Rotation 3	
12.00pm	Prepare for march on – Medal Ceremony	
12.05-12.20pm	Medal Ceremony	
12.20pm	Session 1 concludes	
12.20-1.00pm	Gymnast collection & club departure	
Break 1.00-1.30pm		
SESSION 2: 1:30-5.30pm		
1.30pm	Doors Open for Session 2 Registration opens for gymnasts, coaches & chaperones	
1.45-2.30pm	Orientation and general warm-up for Session 2	
2.00pm	Coaches Meeting	
2.30-2.45pm	Prepare for March on	
2.45-3.00pm	General march on & group warm up - <u>all gymnasts</u>	
3.00pm	March-off	
3.05-3.30pm	Rotation 1: - 3-minute warm-up on event floor strips - Routine performances - March off	
3.30-3.55pm	Rotation 2	
3.55-4.20pm	Rotation 3	
4.25pm	Prepare for march on – Medal Ceremony	
4.30-4.55pm	Medal Ceremony	
5.00pm	Session 2 concludes	
5.00-5.30pm	Gymnast collection and club departure	
Event Closes 5.30pm		