

# The Floor 2023

## Performance Running Order

9.30am	Doors Open – Gymnasts and Coaches (warm up in NGTC)
10.30-12.15pm	Main Floor Practise – 5 min per team
12.30pm	Doors Open - Audience
1.00-1.10pm	Event Opens
1.10-1.20pm	March On – parade of teams – <b>In performance order</b>
1.20pm – 2.10pm	Performances begin - Part 1
	Team 1 – Diamond, Mixed Display Team, Arabian Gymnastics Club
	Team 2 – Mixed Display Team, Coolmine Gymnastics Club
	Team 3 – Mixed Display Team, Carlow Gymnastics Club
	Team 4 – Sprinkles, Junior Display Team, Gymstars Gymnastics Club
	Team 5 – Mixed Display Team, Arklow Gymnastics Club
	<i>3-4 min Pause (3-4 mins) *Audience Activity! – Hot Potato</i>
2.14pm – 2.54pm	Performances resume – Part 2
	Team 6 – Junior Display Team, Kilkenny Gymnastics Club
	Team 7 – Rockin' and Revolting, Junior Display Team, Coolmine Gymnastics Club
	Team 8 – Jewel, Mixed Display Team, Arabian Gymnastics Club
	Team 9 – Junior Display Team, RGC, Galway
	<i>Intermission (20 mins)</i>
3.14pm – 3.54pm	Performances resume – Part 3
	Team 10 – Peak Technique, Mixed Display Team, Gymstars Gymnastics Club
	Team 11 – Arabian Nights, Junior Display Team, Coolmine Gymnastics Club
	Team 12 – Mixed Display Team, Blarney Gymnastics Club
	Team 13 – Stars, Mixed Display Team, Arabian Gymnastics Club
	<i>Pause (3-4 mins) *Audience Activity! – Mexican Wave!</i>
3.58pm – 4.48pm	Performances resume – Part 4
	Team 14 – Junior Display Team, Douglas Gymnastics Club
	Team 15 – Junior Display Team, Arklow Gymnastics Club
	Team 16 – Mixed Display Team, Skerries Gymnastics Club
	Team 17 – Gem, Mixed Display Team, Arabian Gymnastics Club
	Team 18 – Mixed Display Team, Salto Gymnastics Club
4.48pm	Performances concluded
	<i>Pause (3-4 mins) *Audience Activity! – Audience Trivia /hot potatoes</i>
5.01pm	March On - all participants
5.24pm	Recognition Awards
5.50pm	March Off
6.00pm	EVENT CLOSES