

TIMETABLE

FRIDAY 7th OCT

MAIN GYM

2.00 - 4.30pm	Training for out of towners (Optional)
5.00pm	Performance Gymnastics section
5.30 - 7.00pm	Pizza and Games (\$5.00pp)

SATURDAY 8th OCT Doors open 7:30am

SESSION 1 - LEVEL 4 GIRLS APPARATUS, BOYS APPARATUS (ALL LEVELS)

	MAIN GYM
8.00am	Stretch
8.20am	Marshall
8.30 - 10.30am	Competition

SESSION 2 - LEVEL 5 & 6 GIRLS
APPARATUS

	MAIN GYM
10.45am	Stretch
11.05am	Marshall
11.15 - 1.15p.m	Competition

SESSION 3 - TRAMP/DMT/TUMBLING

MAIN GYM & UPSTAIRS TRA GYM

 1.30pm
 Stretch

 1.45pm
 Marshall

 2.00 - 3.30pm
 Competition

SESSION 4 - TEAM GYM (INTERMEDIATE)

	MAIN GYM
3.35pm	Stretch
3.55pm	
4.00 - 5.30pm	Competition

PRIZEGIVING / SPECIAL AWARDS / CELEBRATION MAIN GYM

6.00 - 7.00pm Prizegiving & Special Awards for ALL Levels



Competition organizers have the right to bring the Competition forward for each session except the first if the competiton is running ahead of time.

This competition will be filmed for marketing purposes.

If there is any reason that an athlete doesn't want to be filmed please contact an official on the day.