

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
<b>Break 1.00-1.30pm</b>	
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
<b>Event Closes 5.30pm</b>	