

Sat 21st Jan 2023

TIMINGS

ROUND 1

8:15 Arrive

8:30 Presentation/March On

8.35 General Warm Up

	Vault	Bars	Beam	Floor
8.50 – 9.25	Group 1	Group 4	Group 3	Group 2
9.25 – 10.00	Group 2	Group 1	Group 4	Group 3
10.00 – 10.35	Group 3	Group 2	Group 1	Group 4
10.35 – 11.10	Group 4	Group 3	Group 2	Group 1

11:25 Presentation

11:45 Finish

ROUND 2

11:00 Arrive/Registration

11:15 General Warm – up

11:30 March On

11:35 First Piece Warm Up

	Vault	Bars	Beam	Floor
11.45 – 12.30	Group 5	Group 6	Group 7	Group 8
12.30 – 1.15	Group 8	Group 5	Group 6	Group 7
1.15 - 2.00	Group 7	Group 8	Group 5	Group 6
2:00 – 2.45	Group 6	Group 7	Group 8	Group 5

3:00 Presentation

3.20 Finish

ROUND 3

2:30 Arrive

2:45 General Warm Up

3:00 March On

	Vault	Bars	Beam	Floor
3.10 – 3.55	Group 9	Group 10	Group 11	Group 12
3.55 – 4.40	Group 12	Group 9	Group 10	Group 11
4.40 – 5.25	Group 11	Group 12	Group 9	Group 10
5.25 – 6.10	Group 10	Group 11	Group 12	Group 9

6:25 Presentation

6.45 Finish