

2019 Christmas Cup

Schedule December 7 2019

Session 1 Level Xcel, 3, 4

Gym Open	8:00	Main gym
March in	9:25	Main gym
Competitions	9:30-10:30	Main gym
Awards	10:45	Awards

Session 2 Level 5, 6

Gym Open	9:15	Warm up gym
Time warm up	10:30-10:45	Main gym
Competitions	10:45-11:45	Main gym
Awards	12:00	Awards

Session 3 Level 7-8

Gym Open	10:45	Warm up gym
Time warm up	11:55-12:20	Main gym
Competitions	12:20-1:30	Main gym
Awards	1:45	Awards

Session 4 Level 9-10

Gym Open	12:00	Warm up gym
Time warm up	1:30-1:50	Main gym
Competitions	1:50-3:00	Main gym
Awards	3:15	Awards