

# Compulsory Kickoff Invitation

December 8, 2019  
North Shore Gymnastics Association

## Schedule

### **Sunday December 8, 2019**

Level 4-7

Doors Open:

9:00 am

Stretch:

9:00-9:20am

Timed Warm ups

9:20-10:50am

Introductions:

10:50-11:00am

Competition:

11:00-1:30pm

Awards: Conclusion of the competition