

2019 Gold Star Schedule

Saturday Jan 5th

Session 1 Level 6

Arrive 7:45

Stretch 8am-8:20

Warm up All Events 10 Min Rotations

8:20-9:20am

Compete 9:30

Saturday Jan 5th

Session 2 Level 7 and all JD

Arrive 12:00

Stretch 12:00-12:20

Warm up All Events 10 Min Rotations

12:20-1:20pm

Compete 1:30

Saturday Jan 5th

Session 3 Level 8, 9 and 10

Arrive 3:15pm

Stretch 3:30-4

Warm Up Compete

Awards to Follow

2019 Gold Star Schedule

Sunday Jan 6th

Session 4 Level 4 All Ages

Arrive 8:30

Stretch 8:30 - 8:50

Warm up All Events 1 touch 10 Min Rotations

8:50-9:50am

Compete 9:50

Awards to Follow

Sunday Jan 6th

Session 5 Level 5 All Ages

Arrive 12:30

Stretch 12:30-1:00

Warm up All Events 1 touch 10 Min Rotations

1:00-2:00pm

Compete 2:00

Awards to Follow