



# 2019 QCTNT Invitational Competition Schedule



USA GYMNASTICS.  
Sanctioned Event

**\*\*Please be prepared to compete ½ hour ahead of scheduled times\*\***

Saturday, March 9, 2019	
Approximate Time	SESSION 1
7:30 AM	Doors Open General Stretch
8:00 AM - 9:00 AM	General Stretch Level's 8 and Up - Warm-ups
9:00 AM - 9:10 AM	Coaches/Judges Meeting
9:10 AM – 9:20 AM	Welcome & National Anthem
9:20 AM – 12:20 PM	<b>COMPETITION – ALL EVENTS</b> All ages - Level 8's and up Ages 13 and up – All Levels
Following Session 1	<b>Awards Ceremony:</b> 1 <sup>st</sup> – 5 <sup>th</sup> Place announced (Bootcamp Room/ 2 <sup>nd</sup> Floor of Kids First). All others, please pick up ribbon.

**30 minute lunch break for Judges & Coaches upon completion of Session 1**

Approximate Time	SESSION 2
12:20 PM - 12:45 PM	General Stretch
12:45 PM – 4:45 PM	<b>COMPETITION - ALL EVENTS</b> Ages 10 & Under – Levels 1-7 11 & 12 - Levels 1-7
Following Session 2	<b>Awards Ceremony:</b> 1 <sup>st</sup> – 5 <sup>th</sup> Place announced (Bootcamp Room/ 2 <sup>nd</sup> Floor of Kids First). All others, please pick up ribbon