neogl meet

December 13th-14th e GLG

SESSION 1

Sat.

DEC. 13

SESSION 2

Sat.

DEC. 13

SESSION 3

Sun.

DEC. 14

SESSION 4

Sun.

DEC. 14

SESSION 5

Sun.

DEC. 14

Silver 10 yrs & Older

Gym Opens: 2:30 PM

General Stretch: 2:45 PM

Event Warm up: 3:00PM

Competition: 3:15 PM

Silver 9 yrs & Under

Gym Opens: 5:30 PM

General Stretch: 5:45 PM

Event Warm up: 6:00 PM

Competition: 6:15 PM

Bronze 7 yrs & under, Bronze 10 yrs old

Gym Opens: 8:00 AM

General Stretch: 8:15 AM

Event Warm up: 8:30 AM

Competition: 8:45 AM

Bronze 8 yrs, 9 yrs & 11 yrs old

Gym Opens: 11:00 AM

General Stretch: 11:15 AM

Event Warm up: 11:30 AM

Competition: 11:45 AM

Gold & Platinum

Gym Opens: 2:00 PM

General Stretch: 2:15 PM

Event Warm up: 2:30 PM

Competition: 3:00 PM





