



### Schedule

#### **Saturday December 7th**

##### Session 1

Level 7&8 (36 athletes)

Stretch- 9am

Competition- 9:30am

Awards- 12pm

##### Session 2

Level 9&10 (44 athletes)

Stretch- 1pm

Competition- 1:30pm

Awards- 4:30pm

#### **Sunday December 8<sup>th</sup>**

##### Session 3

Level 3& Bronze (52 athletes)

Stretch- 8am

Competition- 8:30am

Awards- 11:00am

##### Session 2

Level 4&Gold (47 athletes)

Stretch- 12:00pm

Competition- 12:30pm

Awards-3:00pm

##### Session 3

Level 5&6 (30 athletes)

Stretch- 3:45pm

Competition - 4:15pm