



Saturday January 20<sup>th</sup>

World Harvest Church

4595 Gender Rd, Canal Winchester

OH 43110

**AGES ARE DETERMINED BY THE GYMNAST'S AGE ON THE DAY OF COMPETITION**

**Session 1**

**Level 2 (all ages) & Level 3 (7 yrs and younger)**

7:45  
8:00  
8:30  
8:45

Check In  
General Stretch  
Introductions  
Warm Up/ Compete

**Session 2**

**Level 3 (8 yrs to 10 yrs)**

11:30  
11:45  
12:15  
12:30

Check In  
General Stretch  
Introductions  
Warm Up/ Compete

**Session 3**

**Level 3 (11 yrs and up) & Level 4 (9 yrs and younger)**

3:00  
3:15  
3:45  
4:00

Check In  
General Stretch  
Introductions  
Warm Up/ Compete

**Session 4**

**Level 4 (10 yrs & older)**

6:00  
6:15  
6:45  
7:00

Check In  
General Stretch  
Introductions  
Warm Up/ Compete



Sunday January 21<sup>th</sup>

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**AGES ARE DETERMINED BY THE GYMNAST'S AGE ON THE DAY OF COMPETITION**

**Session 5**

**Level 5, Level 6, Excel Bronze and Silver**

8:30

Check In

9:00

General Stretch

9:30

Introductions

9:45

Warm Up/ Compete

**Session 6**

**Level 7 - 10 & Excel Gold, Platinum, & Diamond**

1:00

Check In

1:30

General Stretch

2:00

Introductions

2:15

Warm Up/ Compete