

Invercargill Gymnastic Club Interclub Competition Timetable

Sunday, 16th June 2024
Women's Artistic Gymnastics

Gymnasium opens at 9:45 am

STEPS 3 & 4

10:00 am Stretch & General Warm Up
10:25 am Marshall
10:30 am Compete
12:15 pm Finish (approx.)

STEP 1

12:15 pm Stretch & General Warm Up
12:40 pm Marshall
12:45 pm Compete
2:15 pm Finish (approx.)

STEP 2

2:15 pm Stretch & General Warm Up
2:40 pm Marshall
2:45 pm Compete
5:15 pm Finish (approx.)

Door entry: \$2 each spectator (babies excluded)

PLEASE NOTE:

All gymnasts are to report 30 minutes before their warm up time (STEP 3 & 4 excluded).

We will endeavour to run as close to time as possible but this is not always in our control. Someone will signal when the last session has finished and vacated the building. We ask that coaches and athletes enter first, with spectators entering 15 minutes after their athletes. Please have athletes in their competition attire as there is limited room for getting changed.

Athletes /coaches may not take any food items on to the floor (water and boiled sweets excepted).

While we encourage recognition of athletes and their performance, we discourage excessive cheering as it can be very distracting to other athletes. Please respect all gymnasts and their right to an optimal competition environment.