



Compulsory Level 2 2013
Training schedule Saturday 16th March.

09.45 – 11.25 15 minute general warm-up 5 x 15 Minutes 10 Minutes free time

Please note that gymnasts will work in competition order during this training session

Please let me know if your gymnast will not be attending the training session

Programme timing for competition 2013 COMPULSORY LEVEL 2

Sunday 17th March

Registration	09.00	Latest
Technical Briefing	09.10	Arena
General Warm up	09.15	Arena
Apparatus Warm up	09.30	5 x 12 minutes
<i>Judges meeting</i>	<i>09.30</i>	
End of Warm up	10.30	
March in & Introduction	10.35	
Competition	10.40	5 x 21 minutes
End of Round	12.35	
Presentations	12.40	
<i>Judges Refreshments</i>	<i>12.40</i>	<i>Lunch</i>



Registered Office
Ford Hall, Lilleshall National Sports Centre,
Newport, Shropshire TF10 9NB

T. 0845 1297129 F. 0845 1249089
E. information@british-gymnastics.org
W. british-gymnastics.org

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