



**ESPOIR BRITISH CHAMPIONSHIP 2013**

Training will take place **Friday 15<sup>th</sup> March 16.30 – 18.30**  
15 minute General Warm-up, 20 minutes per apparatus and 5 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**

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**Competition Timetable BRITISH GYMNASTICS ESPOIR CHAMPIONSHIP 2013**

<b>Saturday 16<sup>th</sup> March</b>		
<b>British Espoir Championship</b>		
	<b>Time</b>	<b>Note</b>
Registration	12.00	Latest
Technical Briefing	12.10	
General Warm up	12.15	
Apparatus Warm up	12.30	5 x 18 Minutes
<i>Judges Meeting &amp; Lunch</i>	12.00	
End Warm up	14.00	
March in & Introduction	14.05	
Competition	14.10	5 x 30 minutes
End of Round	16.40	
Presentations & declaration of apparatus	16.45	