



BRONZE, SILVER & GOLD OPEN

17th & 18th November 2018

New College, Glenfield Road, Leicester LE3 6RN

TIMETABLE

SATURDAY 17th November 2018

BRONZE

	<u>Junior & Intermediate Round 1</u>		<u>Junior & Intermediate Round 2</u>		<u>Bronze Senior Round 3</u>	
	Time	Note	Time	Note	Time	Note
Registration	08.00-08.25	Latest	10.45	Latest	15.00	Latest
Technical Briefing	08.30	Main Hall	11.00	Floor 2	15.00	Floor 2
General Warm-up (10mins)	08.35	Intermediate Floor 1 Junior Floor 2	11.40	Intermediate Floor 1 Junior Floor 2	15.40	Floor 2
March in & Introduction	08.45		11.50		15.50	
Apparatus Warm up & Compete	08.50		11.55		15.55	
End of Round	11.35		15.00		18.30	
Judges Meetings/ refreshments	08.30 & 11.35 Coffee		Lunch 15.00			
Presentations			15.10		18.40	



**ENGLISH
GYMNASTICS**

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TIMETABLE

SUNDAY 18th November 2018

SILVER & GOLD

	<u>Junior & Intermediate Silver Round 4</u>		<u>Senior Silver & Gold Round 5</u>	
	Time	Note	Time	Note
Registration	08.15 – 8.30	Latest	11.45	Latest
Technical Briefing	08.35	Main Hall	12.00	Floor 2
General Warm-up (10 mins)	08.45	Juniors Floor 2 Intermediate Floor 1	12.50	Gold/Sen Silver Floor 1
March in & Introduction	09.00		12.55	
Apparatus Warm up & Compete	09.10		13.05	
End of Round	12.20		16.40	
<i>Judges Meetings/ refreshments</i>	<i>08.30 & Lunch 12.20</i>			
Presentations	12.25		16.45	