

# 2019 THE MENTAL HEALTH FOUNDATION MENS LONDON OPEN

Day	Friday			Saturday			Sunday		
Date	30/08/2019			31/08/2019			01/09/2019		
Round	1	2	3	4	5	6	7	8	9
Competition	Club L1	Club L1 U8	Club L2	U14 Max Whitlock	U14 Max Whitlock	Seniors Westminster	U18 Peter Moore	U12 Brewer	U16 Trevor Low
Competition B	Club L4	Club L5+L6	Club L3						
Doors Open	08:30			07:45			08:00		
Registration Closes	09:10	11:00	14:00	08:15	10:20	16:00	08:30	10:45	14:30
General W/U Location	Main Hall			Main Hall			Main Hall		
General W/U Start	09:10	12:05	15:00	08:15	11:00	16:35	08:30	11:30	15:30
General W/U Finish	09:25	12:20	15:15	08:30	11:15	16:50	08:45	11:45	15:45
Judges Meeting Location									
Judges Meeting	08:45	12:00	15:00	08:45		16:00	09:00	12:00	16:00
App W/U Location				Main Hall			Main Hall		
App W/U Start				08:35	11:20	16:55	08:45	11:45	15:45
App W/U Finish				09:20	12:05	17:55	09:30	12:30	16:30
Competition Start	09:35	12:30	15:25	09:30	12:15	18:05	09:45	12:45	16:45
Competition Finish	11:35	14:30	17:55	11:00	14:05	21:25	11:15	15:15	18:55
Presentation Start	11:40	14:35	18:00		14:10	21:30	11:20	15:20	19:00
Lunch/Break Start		14:30			14:05		11:45		
Lunch/Break End		15:15			16:05		12:30		

Podium Training

U14: 18:15-19:15 Sen: 19:15-20:45

U16+U18: 14:35-15:35 U12: 15:35-16:35

**The competition Organiser reserves the right to bring the competition forward by up to 30 minutes or earlier if every gymnast has registered**