

Gym Power 2010 Schedule V2.1

Thursday, January 21

Session 1

LEAP

5:00pm - 5:20pm LEAP Warm Up

5:20pm - 7:30pm LEAP Physical Ability Testing

Friday, January 22

Session 2

Women P1, P2 Argo

9:00am - 9:20am General Warm Up

9:20am - 12:00pm Competition

(1 Minute per gymnast per event as per AGF Technical Regulations)

Session 3

Women P2 Tyro, Novice, & Open

12:30pm - 12:50pm General Warm Up

12:50pm - 4:30pm Competition

(1 Minute per gymnast per event as per AGF Technical Regulations)

Session 4

LEAP

5:00pm - 5:20pm General Warm Up

5:20pm - 7:30pm LEAP Skills Testing

Saturday, January 23

Session 5

Women P3, P4 & National Pre Novice

8:00am - 8:20am General Warm Up

8:20am - 12:00pm Competition

(1.5 Minutes per gymnast per event as per AGF Technical Regulations)

Session 6

Women P5, National Novice, and National Open – Men Junior & Senior

12:30pm - 2:00pm General Warm Up

2:00pm - 5:00pm WAG Competition

(30/50 Sec. Event Warm Up)

12:30pm - 1:55pm Men General Warm Up

2:00pm - 5:00pm MAG Competition

5:30pm - 7:30pm **Athlete Dance**

Sunday, January 24

Session 7

Men Levels 1, 2, & 3

9:00am - 9:25am General Warm Up

9:30am - 12:00pm Competition

Session 8

Men Level 4, National Youth, National Open, High Performance Argo, High Performance Tyro

12:00pm - 1:25pm General Warm Up

1:30pm - 5:30pm Competition