

Family Day Invitational Schedule 2015

8:30-9:00 **Run & Stretch for P4 & national Tramp, P4 & national DMT, P2 to National Tumblers**

9:00-9:30 Warm up P4 & National Tramp

9:30 to 10:00 Compete P4 & National Tramp

10:00-10:35 Warm up P4 & National DMT

10:35-11:00 Compete P4 & National DMT

11:10-11:30 Warm up P2-National Tumbling

11:30-11:50 Compete P2-National Tumbling

12:10to 12:30 **Run & Stretch for P1 DMT, Tumblers & Tramp, P2 & P3 DMT & Tramp**

12:35-12:50 Warm up P1 1st Flight tumbling

12:50-1:15 Compete P1 1st Flight tumbling

1:15-1:35- Warm up P1 2nd Flight tumbling

1:35-1:50- Compete P1 2nd Flight tumbling

2:00-2:25 Warm up P2-P3 DMT

2:25-2:45 Compete P2-P3 DMT

2:45-3:00 Warm up P1 1ST Flight DMT

3:00 -3:15 Compete P1 1ST Flight DMT

3:15-3:30 Warm up P1 2ND Flight DMT

3:30-3:45 Compete P1 2ND Flight DMT

3:50-4:25 Warm Up P2-P3 TRAMP

3:50-4:25 Compete P2-P3 TRAMP

4:25-4:45 Warm up P1 1ST Flight Tramp

4:45-5:05 Compete P1 1ST Flight Tramp

5:10 to 5:30 Warm Up P1 2nd Flight Tramp

5:30 to 6:00 Compete P1 2nd Flight Tramp

Top 10 gymnasts in each event & category make Sunday FINALS

Gymcat level 1 and Recreation

1:30 Warm up

2:00 Competition Starts

4:00 Awards

Fast Cat

3:30 Physical Testing

4:30 Warm up

5:00 Competition Starts

Awards will follow after competition is done **{WILL NOT WAIT FOR GYM CAT TO FINISH}**

Gymcat level 2 & 3

4:30 Warm up

5:00 Competition Starts

7:00 Awards