

SCHEDULE | 2023-24 MAG 1ST ON CUP

**TRUE
SPORT**
LIVES HERE

**GYMNASTICS
ENERGY**



GYMNASTICS ENERGY TRAINING CENTRE DECEMBER 8 TO 10, 2023

FRIDAY DEC. 8	Session 1 P2 U13	Session 2 P2 13-15 & P2 16+	Session 3 P3 U13, P3 13-15 & P3 16+
Registration	9:00-9:30 AM	12:30-1:00 PM	4:00-4:45 PM
March In	9:35 - 9:55 AM	1:05-1:20 PM	4:50-5:00 PM
General Stretch	10:00-10:20 AM	1:20-1:30 PM	5:05-5:25 PM
Competition	10:30 AM - 12:10 PM	1:35-4:00 PM	5:30 - 8:30 PM
Awards	To follow Immediately after the end of the competition		
SATURDAY DEC. 9	Session 4 P4 13+ & Asp	Session 5 P5 & NO	Session 6 Jr 15-16, Jr 17-18, Sr NxGn & Sr
Registration	8:30-9:00 AM	1:00-1:30 PM	5:00 - 5:30 PM
March In	9:00-9:15 AM	1:35-1:45 PM	5:40-5:50 PM
General Stretch	9:20-9:30 AM	1:50 - 2:50 PM	5:55 - 7:15 PM
Competition	9:35 AM -12:25 PM	3:00-4:50 PM	7:20 - 8:50 PM
Awards	To follow Immediately after the end of the competition		
SUNDAY DEC. 10	Session 7 P1 8-10	Session 8 P1 13-15	Session 9 P1 11-12
Registration	7:30-8:00 AM	10:45-11:15 AM	2:00-2:30 PM
March In	8:00-8:15 AM	11:20-11:30 AM	2:35-2:45 PM
General Stretch	8:20-8:30 AM	11:35-11:55 AM	2:45-2:55 PM
Competition	8:55-11:15 AM	12:00-1:30 PM	3:00-5:00 PM
Awards	To follow Immediately after the end of the competition		