

## Top of the South Gymnastics Competition 12 -14 July 2024

<b>SESSION ONE Friday 12 July</b>		
GFA Gold	GFA Emerald & Ruby	
Stretch: 1.30pm	Stretch: 1.30pm	
Marshall: 1.45pm	Marshall: 1.45pm	
Compete: 2.00pm	Compete: 2.00pm	
<b>SESSION TWO Friday 12 July</b>		
WAG STEP 1	WAG STEP 8	MAG Level 3
Stretch: 3.00pm	Stretch: 3.00pm	Stretch: 3.00pm
Marshall: 3.20pm	Marshall: 3.20pm	Marshall: 3.20pm
Compete: 3.30pm	App Warm up: 3.30pm	Compete: 3.30pm
	Compete: 4.20pm	
<b>SESSION THREE Friday 12 July</b>		
WAG STEP 2	WAG STEP 9, 10 & JI & SI	MAG Level 7, 8 & 9
Stretch: 5.00pm	Stretch: 6.00pm	Stretch: 6.00pm
Marshall: 5.20pm	Apparatus Warm up : 6.20pm	App warm up: 6.20pm
Compete: 5.30pm	Marshall: 7.10pm	Marshall: 7.20pm
	Compete: 7.15pm	Compete: 7.20pm
<b>SESSION FOUR Saturday 13 July</b>		
WAG STEP 5 Flight A	WAG STEP 6 Flight A	
Stretch: 7.15am	Stretch: 7.15am	
Marshall: 7.35am <i>Hutt Valley</i>	Marshall: 7.35am	
Compete: 7.40am	Compete: 7.40am	
<b>SESSION FIVE Saturday 13 July</b>		
WAG Step 5 Flight B	WAG STEP 6 Flight B	MAG Level 1
Stretch: 10.25am	Stretch: 10.25am	Stretch: 10.25am
Marshall: 10.45am	Marshall: 10.45am <i>Hutt Valley</i>	Marshall: 10.45am
Compete: 10.50am	Compete: 10.50am	Compete: 10.50am
<b>SESSION SIX Saturday 13 July</b>		
GFA Bronze	WAG STEP 7	MAG Level 2
Stretch: 1.30pm	Stretch: 1.30pm	Stretch: 1.30pm
Marshall: 1.50pm	Apparatus warm up: 1.50pm	Marshall: 1.50pm
Compete: 2.00pm	Marshall: 2.40pm	Compete: 2.00pm
	Compete: 2.45pm	
<b>SESSION SEVEN Saturday 13 July</b>		
GFA Iron	WAG STEP 8 App Finals	MAG Level 5 & 6
Stretch: 5.00pm	Stretch: 4.40pm	Stretch: 4.40pm
Marshall : 5.15pm	Warm up compete: 5.00pm	Marshall: 5.00pm
Compete: 5.20pm		Compete: 5.10pm
<b>SESSION EIGHT Saturday 13 July</b>		
	WAG STEPS 9,10 JI & SI App Finals	
	Stretch: 7.00pm	
	Warm up compete: 7.20pm	