



2017 NAWGJ Optional Prep Meet December 16, 2017

Gold Cup Gymnastics School
6009 Carmel Ave NE
Albuquerque, NM 87113



FINAL SESSION SCHEDULE

Saturday, December 16 th	
Session 1	Level 6 and 7, all ages (50 gymnasts)
Modified Traditional format (timed warm-up on competition equipment; no 30 sec touch warm-up)	
General Stretch 8:00 am	March-In 8:25 am
Awards to Follow	
Session 2	Level 8, 9 and 10, all ages (48 gymnasts)
Modified Traditional format (timed warm-up on competition equipment; no 30 sec touch warm-up)	
General Stretch 1:30 pm	March-In 1:55 pm
Awards to Follow	

Please do not arrive more than 15 minutes before scheduled session start.