

NAWGJ 2023 Session Schedule

Saturday, November 11th, 2023

Session 1	Warm-up: 8:00 AM March-in: 8:15 AM	Level 2
Session 2	Warm-up: 11:30 AM March-in: 11:45 AM	Level 3 (6-8 years; 10 years)*
Session 3	Warm-up: 3:00 PM March-in: 3:15 PM	Level 3 (9 years; 11 years and older)*
Session 4	Warm-up: 6:30 PM March-in: 6:50 PM	Levels 5-8

Sunday, November 12th, 2023

Session 5	Warm-up: 9:00AM March-in: 9:20 AM	Level 4
Session 6	Warm-up: 1:00 PM March-in: 1:20 PM	All Xcel Levels

* Age Determination: Age for this meet is determined by the age the gymnast will be on the last date of state meet, March 17th, 2024.