

Superhero NAWGJ Session Times
November 10-11, 2018
Hosted by G-Force Gymnastics Academy

Saturday, November 10, 2018

Session 1 - Level 4 - 11 and older (50)

12:30pm - Open Stretch

12:45pm - March In

12:45 - 2:45 - Competition and Feedback

2:45pm - Awards

Session 2 - Level 4 - 8-10 year olds, Xcel Gold, Diamond and Platinum (53)

3:00pm - Open Stretch

3:15pm - March In

3:30-5:30 - Competition and Feedback

5:30pm - Awards

Session 3 - Level 2 - 9 and older and Level 3 - 10 and older (73)

6:00pm - Open Stretch

6:15pm - March In

6:30-8:45 - Competition and Feedback

8:45pm - Awards

Sunday, November 11, 2018

Session 4 - Level 5 and Level 6 - all ages (57)

8:00am - Open Stretch

8:15pm - March In

8:30-10:30 - Competition and Feedback

10:30am - Awards

Session 5 - Level 2 - 8 and younger and Level 3 - 9 and younger and Xcel Bronze and Silver (76)

11:00am - Open Stretch

11:15am - March In

11:30-1:30 - Competition and Feedback

1:30pm - Awards

***Age divisions for this meet will be determined by the athlete's age as of the last day of the State Championships (Level 2-5 March 3, 2019, Level 6 and Xcel March 10, 2019)**