



**SITE: Silver Spurs Arena at Osceola Heritage Park - Kissimmee, FL**  
**HOST: Central Florida Sports Commission & Orlando Metro Gymnastics**

<b>Thursday, May 04, 2023</b>		
8:00 AM	5:00 PM	GK COMPETITION APPAREL PICK-UP
8:00 AM	10:30 AM	Open Workout for Region 7
10:50 AM	1:20 PM	Open Workout for Region 8
1:40 PM	4:10 PM	Open Workout for Region 5
4:30 PM	7:00 PM	Open Workout for Region 6
<b>Friday, May 05, 2023</b>		
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP
<b>SESSION I - JUNIOR 1 and JUNIOR 2</b>		
8:00 AM	8:20 AM	Open Stretch
8:25 AM	8:40 AM	March-In and Introductions
8:45 AM	9:05 AM	Flight 1 Timed Warm-up
9:05 AM	11:55 AM	Junior 1 and Junior 2 Competition
12:00 PM	12:30 PM	Awards for Junior 1 and Junior 2
<b>SESSION II - JUNIOR 3 and JUNIOR 4</b>		
12:30 PM	12:50 PM	Open Stretch
12:55 PM	1:10 PM	March-In and Introductions
1:15 PM	1:35 PM	Flight 1 Timed Warm-up
1:35 PM	4:25 PM	Junior 3 and Junior 4 Competition
4:30 PM	5:00 PM	Awards for Junior 3 and Junior 4
<b>SESSION III - JUNIOR 5 and JUNIOR 6</b>		
5:00 PM	5:20 PM	Open Stretch
5:25 PM	5:40 PM	March-In and Introductions
5:45 PM	6:05 PM	Flight 1 Timed Warm-up
6:05 PM	8:55 PM	Junior 5 and Junior 6 Competition
9:00 PM	9:30 PM	Awards for Junior 5 and Junior 6
<b>Saturday, May 06, 2023</b>		
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP
<b>SESSION IV - JUNIOR 7 and JUNIOR 8</b>		
8:00 AM	8:20 AM	Open Stretch
8:25 AM	8:40 AM	March-In and Introductions
8:45 AM	9:05 AM	Flight 1 Timed Warm-up
9:05 AM	11:55 AM	Junior 7 and Junior 8 Competition
12:00 PM	12:30 PM	Awards for Junior 7 and Junior 8
<b>SESSION V - SENIOR 1 and SENIOR 2</b>		
12:30 PM	12:50 PM	Open Stretch
12:55 PM	1:10 PM	March-In and Introductions
1:15 PM	1:35 PM	Flight 1 Timed Warm-up
1:35 PM	4:25 PM	Senior 1 and Senior 2 Competition
4:30 PM	5:00 PM	Awards for Senior 1 and Senior 2
<b>SESSION VI - SENIOR 3 and SENIOR 4</b>		
5:00 PM	5:20 PM	Open Stretch
5:25 PM	5:40 PM	March-In and Introductions
5:45 PM	6:05 PM	Flight 1 Timed Warm-up
6:05 PM	8:55 PM	Senior 3 and Senior 4 Competition
9:00 PM	9:30 PM	Awards for Senior 3 and Senior 4
<b>Sunday, May 07, 2023</b>		
8:00 AM	12:00 PM	GK COMPETITION APPAREL PICK-UP
<b>SESSION VII - SENIOR 5 and SENIOR 6</b>		
8:00 AM	8:20 AM	Open Stretch
8:25 AM	8:40 AM	March-In and Introductions
8:45 AM	9:05 AM	Flight 1 Timed Warm-up
9:05 AM	11:55 AM	Senior 5 and Senior 6 Competition
12:00 PM	12:30 PM	Awards for Senior 5 and Senior 6
<b>SESSION VIII - SENIOR 7 and SENIOR 8</b>		
12:30 PM	12:50 PM	Open Stretch
12:55 PM	1:10 PM	March-In and Introductions
1:15 PM	1:35 PM	Flight 1 Timed Warm-up
1:35 PM	4:25 PM	Senior 7 and Senior 8 Competition
4:30 PM	5:00 PM	Awards for Senior 7 and Senior 8