



May 4-7 - Kissimmee, FL

SITE: Silver Spurs Arena at Osceola Heritage Park - Kissimmee, FL

HOST: Central Florida Sports Commission & Orlando Metro Gymnastics

Thursday, May 04, 2023			
8:00 AM	5:00 PM	GK COMPETITION APPAREL PICK-UP	
8:00 AM	10:30 AM	Open Workout for Region 7	
10:30 AM	1:00 PM	Open Workout for Region 8	
1:00 PM	3:30 PM	Open Workout for Region 5	
3:30 PM	6:00 PM	Open Workout for Region 6	
Friday, May 05, 2023			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	
SESSION I - JUNIOR 1 and JUNIOR 2			
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	
SESSION II - JUNIOR 3 and JUNIOR 4			
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	
SESSION III - JUNIOR 5 and JUNIOR 6			
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	
Saturday, May 06, 2023			
8:00 AM	8:00 PM	GK COMPETITION APPAREL PICK-UP	
SESSION IV - JUNIOR 7 and JUNIOR 8			
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	
SESSION V - SENIOR 1 and SENIOR 2			
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	
SESSION VI - SENIOR 3 and SENIOR 4			
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	
Sunday, May 07, 2023			
8:00 AM	12:00 PM	GK COMPETITION APPAREL PICK-UP	
SESSION VII - SENIOR 5 and SENIOR 6			
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	
SESSION VIII - SENIOR 7 and SENIOR 8			
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	