



2019 Global Rhythmic Academy Invitational

March 2-3

Schedule



Saturday

8am - Gym Opens Level 4

Session 1 - Level 4 (28) (gymnasts alternate Floor/Rope, then all do Ball)

8:30 - Open Warmup

9:15 - 11:00 Competition L4

Session 2 - Level 5A (18) (BVO - BRG - DIA - RAM) Floor/Rope

11:00 - Timed Warmup L5A

11:10- 12:20 Competition L5A

Session 3 - Level 5B (19) (KGS - NIN - RGA - TOR) Floor/Rope

12:20 - Timed Warmup L5B

12:30 - 2:00 Competition L5B

2pm Awards Level 4 & Level 5, Judges Lunch Break

Session 4 - Level 6 (15) Floor/Rope

2:30 Timed Warmup L6

2:40 - 3:40pm Competition L6

Session 7 - Level 7/8 & Group Duet (11) Floor/Hoop - Floor/Rope

3:40 - Timed Warmup

3:55 - 4:55 Competition L7/8 & Group Duet

5pm Awards Level 6/7/8 & Group Duet



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Schedule



Sunday

8am - Gym Opens Xcel A (Group A)

Session 1 - Rhythmic Xcel A (Group A - RGA-BVO) (gymnasts go 2 at a time) (23)

9:00- Timed Warmup Xcel A - Group A

9:15 - 10:00am - Competition

Session 2 - Rhythmic Xcel A (Group B - BRG -DIA-TOR -GLO) (gymnasts go 2 at a time) (16)

10:00 - Timed Warmup Xcel A - Group B

10:10 - 10:55am - Competition

Session 3- Rhythmic Xcel B/C (gymnasts go 1 at a time) (14)

11:00- Timed Warmup Xcel B/C

11:10 - 11:20pm - Competition

11:30 Awards Xcel A/B/C, Judges Lunch Break

Session 4 - Level 5B (15) Hoop/Clubs

12:00 - Timed Warmup L5B

12:15 - 1:15 - Competition L5B

Session 5 - Level 5A (18) Hoop/Clubs

1:15- Timed Warmup L5A

1:25 - 2:35 - Competition L5A

2:45 Awards Level 5, Judges Break

Session 6 - Level 6 (15) Hoop/Ribbon

2:35 - Timed Warmup L6

3:10 - 4:10 - Competition L6

Session 6 - Level 7/8 (8) Ball/Clubs, Clubs/Ribbon

4:15 - Timed Warmup L7/8

4:30 - 5:10 - Competition L7/8

5:15pm Awards Levels 6-7-8

Have a safe drive home & thank you for coming to our meet!