



2019 Global Rhythmic Academy Invitational

March 2-3

Tentative Schedule



Saturday

8am - Gym Opens Level 4

Session 1 - Level 4 (23) (gymnasts alternate Floor/Rope, then all do Ball)

8:30 - Open Warmup

9:15 - 11:15 Competition L4

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

11:15 - Timed Warmup L5A

11:25- 12:35 Competition L5A

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

12:35 - Timed Warmup L5B

12:45 - 2:00 Competition L5B

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

Session 4 - Level 6 (16) 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 - 4:45 Competition L7/8 & Group Duet

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



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Sunday

8am - Gym Opens Xcel A (Group A)

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

8:50 - Timed Warmup Xcel A - Group A

9:00 - 9:50am - Competition

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

9:50- Timed Warmup Xcel A - Group B

10:00 - 11:00am - Competition

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

11:00 - Timed Warmup Xcel B/C

11:10 - 12:20pm - Competition

12:30 Awards Xcel A/B/C, Judges Lunch Break

Session 4 - Level 5B (19) Hoop/Clubs

12:20 - Timed Warmup L5B

1:00 - 2:15 - Competition L5B

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

2:15- Timed Warmup L5A

2:25 - 3:35 - Competition L5A

Awards Level 5, Judges Break

Session 6 - Level 6 (16) Hoop/Ribbon

3:35 - Timed Warmup L6

4:00 - 5:00 - Competition L6

Session 6 - Level 7/8 (10) Ball/Clubs, Clubs/Ribbon

5:00 - Timed Warmup L7/8

5:10 - 5:50 - Competition L7/8

6pm Awards Levels 6-7-8

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