

Rockin' Your Best 2023
Meet Schedule
TENTATIVE Updated 3/20/22

The Gym will open to spectators 15 minutes prior to the start of each session OR after the current session clears the seating. Competing gymnasts should arrive and will be admitted inside 15 minutes prior to the start of Open Stretch to meet their Coach.

A Final Division list will be posted on March 29. Please check your divisions.

Admission is \$10 Adults, \$5.00 Children CASH ONLY ACCEPTED

FRIDAY, March 31, 2023

SESSION 1: Levels 5,6,7,8, XP and XD

5:00 - 5:20 PM	Open Stretch
5:20 - 5:30 PM	Introductions
5:30 PM - 9:30 PM	Competition
9:30 PM	Awards

SATURDAY, April 1, 2023

SESSION 2: Level 3 Divisions 5-7

8:00- 8:20 AM	Open Stretch
8:20-8:30 AM	Introductions
8:30 AM - 10:10 AM	Competition
10:10 AM	Awards

SATURDAY, April 1 Continued...

SESSION 3: Level 3 Divisions 1-4

10:45 -11:05 AM	Open Stretch
11:05 - 11:15 AM	Introductions
11:15 AM - 1:15 PM	Competition
1:15 PM	Awards

SESSION 4 Excel Silver ALL

2:00 - 2:20 PM	Open Stretch
2:20 - 2:30 PM	Introductions
2:30 - 5:10 PM	Competition
5:10 PM	Awards

SESSION 5 Excel Gold ALL

6:00 - 6:20 PM	Open Stretch
6:20 - 6:30 PM	Introductions
6:30 - 9:10 PM	Competition
9:10 PM	Awards

SUNDAY, April 2, 2023

SESSION 6: All LEVEL 1's and LEVEL 2's from Best LE, Eagles Wings Prosper, ETX Twisters Canton, ETX Twisters Mineola, Trinity Allstars (ALL LEVEL 2 SMALL TEAMS)

8:00 - 8:20 AM	Open Stretch
8:20 - 8:30 AM	Introductions
8:30 AM - 9:50 AM	Competition
9:50 AM	Awards

SUNDAY, April 2 continued...

SESSION 7: Level 2's from Cross Timbers, Eagles Wings Anna, Gymn Star, Nova, Olympo, Richardson, Top Flight (ALL LEVEL 2 LARGE TEAMS)

10:20 - 10:40 AM	Open Stretch
10:40 - 10:50 AM	Introductions
10:50 AM - 12:50 PM	Competition
12:50 PM	Awards

SESSION 8: EXCEL BRONZE

1:20 - 1:40 PM	Open Stretch
1:40 - 1:50 PM	Introductions
1:50 - 3:50 PM	Competition
3:50 PM	Awards

SESSION 9: ALL LEVEL 4

4:20 - 4:40 PM	Open Stretch
4:40 - 4:50 PM	Introductions
4:50 - 8:10 PM	Competition
8:10 PM	Awards