

# 2024 IRISH ROSE COMPETITION



**HOSTED BY MIRAMICHI GYMNASTICS CLUB**

## **FRIDAY, MARCH 15<sup>TH</sup>**

**Flight #1** Level 1 (20), XCEL Bronze (10), XCEL Silver (8)

**Warm up 2:30 pm-2:45pm      Competition and Awards 2:45pm-4:45pm**

**Flight #2** Level 2 (37)

**Warmup 5:00pm-5:15pm      Competition and Awards 5:15pm-7:15pm**

## **SATURDAY, MARCH 16<sup>TH</sup>**

**Flight #3** Level 3 (21) & XCEL Gold Senior(7)

**Warmup 8:30am – 8:45am      Competition and Awards 8:45am-11:00am**

**Flight #4** Level 4 (18) & Level 5 (5)

**Warmup 11:30am-11:45am      Competition and Awards 11:45 pm-1:45pm**

**Flight #5** L 8 (6), L9 (3), L10 (1) & XCEL Gold Junior (17) & XCEL Platinum (1)

**Warmup 2:30pm-2:45/2:50pm      Competition and Awards 2:50pm- 5:45pm**

## **SUNDAY, MARCH 17<sup>TH</sup>**

**Flight #6** Level 6 (28) & Level 7 (8)

**Warmup 9:00am-9:15am      Competition and Awards 9:15am – 11:45am**

**IT IS ADVISED THAT ATHLETES ARRIVE 15 MINUTES BEFORE THEIR WARMUP TIME.**

**INDIVIDUAL AND TEAM AWARDS FOR ALL CCP CATEGORIES L 3+!**