

# DQ #1 Hosted by United Gymnastix

November 2, 2024

Session 1	Level 3&4	Format: Traditional	61 gymnasts
	Registration .....		2:30 PM
	Open Warm-up .....		2:30 PM
	Timed Warm-up .....		2:50 PM
	Presentation of Teams .....		3:50 PM
	Awards .....		5:50 PM

Session 2	Level 5-7	Format: 3X3 Traditional	24 gymnasts
	Registration .....		5:50 PM
	Open Warm-up .....		6:10 PM
	Timed Warm-up .....		5:30 PM
	Presentation of Teams .....		6:18 PM
	Awards .....		8:30 PM

## Admission

Adults age 14 and older - \$12.00 Children ages 6 to 13 - \$10.00 Children under 5 - no charge

MD State Clinic – Sunday, November 3rd

Session 3a	Level 3(ALL) & BZ, SL	Format: Clinic	21 gymnasts
	Registration .....		8:00 AM
	Pick-up .....		11:30 AM

Session 3b	Level 7-10& Plat	Format: Clinic	19 gymnasts
	Morning Training .....		8:00 AM
	Lunch(Please Bring your own).....		11:30 AM
	Afternoon Training.....		12:30 PM
	Pick-up .....		3:00 PM

Session 4	Level 4,5	Format: Clinic	19 gymnasts
	Registration .....		11:30 AM
	Pick-up .....		3:00 PM

