

Gulf Coast Back to the Beach Invitational

Session 1

Developmental Group

7:30 AM

Warm-up

7:35 AM

Coaches Meeting

7:50 AM

March-in

7:55 AM

Competition

Session 2

Ranking & Junior Prep

10:00 AM

Stretch & Bar Sets

10:10 AM

Coaches Meeting

10:20 AM

March-in

10:25 AM

Competition

Session 3

Junior 6 - Junior 10

2:30 PM

Stretch & Bar Sets

2:40 PM

Coaches Meeting

2:50 PM

March-in

2:55 PM

Competition

Session 4

Seniors and Elites

6:30 PM

Stretch & Bar Sets

6:40 PM

Coaches Meeting

6:50 PM

March-in

6:55 PM

Competition