

McD'S 2023 COMPETITION SCHEDULE

SATURDAY, DECEMBER 2, 2023

SESSION 1: WOMEN USAG LEVELS 1,2, 3, 4, & 5 (47 gymnasts)

(Teams include: Lafayette Sports, Punch Gymnastics)

9:30 – 9:50 AM	OPEN STRETCH / BAR SETS
9:50 - 10:00 AM	MARCH IN
10:00 – 11:45 AM	WARM-UP / COMPETE
11:45 AM – 12:30 PM	AWARDS in Pole Vault Gym

SESSION 2: WOMEN NGA LEVELS 4, Gold, 5, 6, Platinum & 7 (34 gymnasts)

(Teams include: Empire, Gym-Finity, NHG, Southern Strides)

12:00 – 12:30 PM	OPEN STRETCH / BAR SETS
12:30 – 12:40 PM	MARCH IN
12:40 – 2:40 PM	WARM-UP / COMPETE
2:40 – 3:15 PM	AWARDS in Pole Vault Gym

SESSION 3: WOMEN NGA LEVELS 2, Silver, & 3 (74 gymnasts)

(Teams include: Cajun Twisters, Empire, Gym-Finity, Leaps & Bounds, NHG, Southern Strides)

3:00 – 3:20 PM	OPEN STRETCH / BAR SETS
3:20 – 3:30 PM	MARCH IN
3:30 - 5:45 PM	WARM-UP / COMPETE
5:45 – 6:45 PM	AWARDS in Pole Vault Gym

SESSION 4: WOMEN NGA LEVELS 1 & Bronze (46 gymnasts)

(Teams include: Cajun Twisters, Empire, Gym-Finity, Leaps & Bounds, Southern Strides)

6:30 – 6:45 PM	OPEN STRETCH / BAR SETS
6:45 – 7:00 PM	MARCH IN
7:00 – 8:00 PM	WARM-UP / COMPETE
8:00 – 8:45 PM	AWARDS in Pole Vault Gym

SUNDAY, DECEMBER 3, 2023

SESSION 5: WOMEN LRG LEVELS 1, 2, & 3 (62 gymnasts)

(Teams include: Crescent City, Rice City, Riverbend)

9:30 – 9:50 AM	OPEN STRETCH / BAR SETS
9:50 - 10:00 AM	MARCH IN
10:00 – 11:45 AM	WARM-UP / COMPETE
11:45 AM – 12:45 PM	AWARDS in Gymnastics Gym

Location: New Heights Gym, 1204 Import Drive, New Iberia, LA 70560

Phone: 337-365-3806

Website: www.newheightsgym.org

SPECTATOR ADMISSION * CASH ONLY*

ADULTS 11yrs & up: **\$10**

CHILDREN 4-10yrs: **\$5**

UNDER 4yrs: **FREE**