

McD'S 2022 COMPETITION SCHEDULE

SATURDAY, DECEMBER 3, 2022

SESSION 1: WOMEN LRG LEVEL 1 (54 gymnasts)

(Teams include: CG's, Crescent City, Rice City, Riverbend, Xcel)

9:15 AM	OPEN STRETCH / BAR SETS
9:30 AM	MARCH IN
9:40 AM	WARM-UP / COMPETE
11:15 AM	AWARDS in PV gym

SESSION 2: WOMEN LRG LEVELS 2 & 3 (50 gymnasts)

(Teams include: CG's, Crescent City, Rice City, Riverbend, Xcel)

12:00 NOON	OPEN STRETCH / BAR SETS
12:15 PM	MARCH IN
12: 25 PM	WARM-UP / COMPETE
2:00 PM	AWARDS in PV gym

SESSION 3: WOMEN USAG LEVELS 1,2, 3, XB & XS (68 gymnasts)

(Teams include: Lafayette Sports, La Gold, NOLA Gymnastics, Punch Gymnastics)

2:45 PM	OPEN STRETCH / BAR SETS
3:00 PM	MARCH IN
3:15 PM	WARM-UP / COMPETE
5:30 PM	AWARDS in PV gym

SESSION 4: WOMEN USAG LEVELS 4, XG & XP (26 gymnasts)

(Teams include: Lafayette Sports, La Gold, NOLA Gymnastics Punch Gymnastics)

6:30 PM	OPEN STRETCH / BAR SETS
6:50 PM	MARCH IN
7:00 PM	WARM-UP / COMPETE
9:00 PM	AWARDS in PV Gym

SUNDAY, DECEMBER 4, 2022

SESSION 5: WOMEN NGA LEVELS 3,4, Gold, 5, 6 & 7 (52 gymnasts)

(Teams include: Gym Unlimited, Leaps & Bounds, NHG, Premier, SOLA, Southern Strides, Tumble Bugs)

9:15 AM	OPEN STRETCH / BAR SETS
9:35 AM	MARCH IN
9:45 AM	WARM-UP / COMPETE
1:00 PM	AWARDS in Gymnastics gym

SESSION 6: WOMEN NGA LEVELS 1, 2 & SILVER (66 gymnasts)

(Teams include: Leaps & Bounds, NHG, Premier, SOLA, Southern Strides, Tumble Bugs)

2:00 PM	OPEN STRETCH / BAR SETS
2:15 PM	MARCH IN
2:30 PM	WARM-UP / COMPETE
4:30 PM	AWARDS in PV 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**