

Session 1: Optionals

****Warm-up 1 min./gymnast****

Arrival Time – 7:30 am

Stretch/warm up – 7:40 – 7:50 am

Coaches Meeting – 7:50 – 8:00 am

Warm-up 1st Event – 8:00 – 8:16 am

Judges Meeting – 8:00 – 8:15 am

March- in – 8:20 – 8:30 am

Competition – 8:35 – 10:35 am

Awards – 10:50 – 11:20 am

Session 2: Compulsory 3

****Warm-up 30 sec./gymnast + 1 min.****

Arrival Time – 11:10 am

Stretch/warm up – 11:20 – 11:30 am

Coaches Meeting – 11:30 – 11:40 am

Warm-up 1st Event – 11:40 – 11:55 am

Judges Meeting – 11:40 – 11:55 am

March- in – 12:00 – 12:10 pm

Competition – 12:15 – 1:45 pm

Awards – 2:00 – 2:30 pm

Session 3: Compulsory 4

****Warm-up 30 sec./gymnast + 1 min.****

Arrival Time – 2:20 pm

Stretch/warm up – 2:30 – 2:40 pm

Coaches Meeting – 2:40 – 2:50 pm

Warm-up 1st Event – 2:50 – 3:00 pm

Judges Meeting – 2:50 – 3:00 pm

March- in – 3:05 – 3:15 pm

Competition – 3:20 – 4:35 pm

Awards – 4:50 – 5:20 pm

Foothills Flairs Meet Saturday, May 18 , 2024



**Location: Lilley Gulch
Recreation Center ---
6147 S Holland Way
Littleton, CO 80123**

Admission:

**\$8 General (Per Person
ages 2 and up)**

**\$12 All day (per person
ages 2 and up)**

****we can take cash or card, but
cash is preferred****

**Please try to limit to 3-4
people per gymnast as
seating/space is limited!**