



May 3-5 • Coralville, IA

[VENUE: Xtream Arena - Coralville, IA](#)

HOST: Iowa Gym-Nest

Thursday, May 02, 2024

8:00 AM	6:00 PM	GK COMPETITION APPAREL PICK-UP	
8:00 AM	10:30 AM	Open Workout for Region 3	Xtreme Arena
10:50 AM	1:20 PM	Open Workout for Region 4	Xtreme Arena
1:40 PM	4:10 PM	Open Workout for Region 1	Xtreme Arena
4:30 PM	7:00 PM	Open Workout for Region 2	Xtreme Arena

Friday, May 03, 2024

8:00 AM	6:00 PM	GK COMPETITION APPAREL PICK-UP	
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SESSION I - JUNIOR 1 and JUNIOR 2

8:00 AM	8:20 AM	Open Stretch	Xtreme Arena
8:25 AM	8:40 AM	March-In and Introductions	Xtreme Arena
8:45 AM	9:05 AM	Flight 1 Timed Warm-up	Xtreme Arena
9:05 AM	11:55 AM	Junior 1 and Junior 2 Competition	Xtreme Arena
12:00 PM	12:30 PM	Awards for Junior 1 and Junior 2	Xtreme Arena

SESSION II - JUNIOR 3 and JUNIOR 4

12:30 PM	12:50 PM	Open Stretch	Xtreme Arena
12:55 PM	1:10 PM	March-In and Introductions	Xtreme Arena
1:15 PM	1:35 PM	Flight 1 Timed Warm-up	Xtreme Arena
1:35 PM	4:25 PM	Junior 3 and Junior 4 Competition	Xtreme Arena
4:30 PM	5:00 PM	Awards for Junior 3 and Junior 4	Xtreme Arena

SESSION III - JUNIOR 5 and JUNIOR 6

5:00 PM	5:20 PM	Open Stretch	Xtreme Arena
5:25 PM	5:40 PM	March-In and Introductions	Xtreme Arena
5:45 PM	6:05 PM	Flight 1 Timed Warm-up	Xtreme Arena
6:05 PM	8:55 PM	Junior 5 and Junior 6 Competition	Xtreme Arena
9:00 PM	9:30 PM	Awards for Junior 5 and Junior 6	Xtreme Arena

Saturday, May 04, 2024

8:00 AM	6:00 PM	GK COMPETITION APPAREL PICK-UP	
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SESSION IV - JUNIOR 7 and JUNIOR 8

8:00 AM	8:20 AM	Open Stretch	Xtreme Arena
8:25 AM	8:40 AM	March-In and Introductions	Xtreme Arena
8:45 AM	9:05 AM	Flight 1 Timed Warm-up	Xtreme Arena
9:05 AM	11:55 AM	Junior 7 and Junior 8 Competition	Xtreme Arena
12:00 PM	12:30 PM	Awards for Junior 7 and Junior 8	Xtreme Arena

SESSION V - SENIOR 1 and SENIOR 2

12:30 PM	12:50 PM	Open Stretch	Xtreme Arena
12:55 PM	1:10 PM	March-In and Introductions	Xtreme Arena
1:15 PM	1:35 PM	Flight 1 Timed Warm-up	Xtreme Arena
1:35 PM	4:25 PM	Senior 1 and Senior 2 Competition	Xtreme Arena
4:30 PM	5:00 PM	Awards for Senior 1 and Senior 2	Xtreme Arena

SESSION VI - SENIOR 3 and SENIOR 4

5:00 PM	5:20 PM	Open Stretch	Xtreme Arena
5:25 PM	5:40 PM	March-In and Introductions	Xtreme Arena
5:45 PM	6:05 PM	Flight 1 Timed Warm-up	Xtreme Arena
6:05 PM	8:55 PM	Senior 3 and Senior 4 Competition	Xtreme Arena
9:00 PM	9:30 PM	Awards for Senior 3 and Senior 4	Xtreme Arena



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Sunday, May 05, 2024

8:00 AM	12:00 PM	GK COMPETITION APPAREL PICK-UP	
SESSION VII – SENIOR 5 and SENIOR 6			
8:00 AM	8:20 AM	Open Stretch	Xtreme Arena
8:25 AM	8:40 AM	March-In and Introductions	Xtreme Arena
8:45 AM	9:05 AM	Flight 1 Timed Warm-up	Xtreme Arena
9:05 AM	11:55 AM	Senior 5 and Senior 6 Competition	Xtreme Arena
12:00 PM	12:30 PM	Awards for Senior 5 and Senior 6	Xtreme Arena
SESSION VIII – SENIOR 7 and SENIOR 8			
12:30 PM	12:50 PM	Open Stretch	Xtreme Arena
12:55 PM	1:10 PM	March-In and Introductions	Xtreme Arena
1:15 PM	1:35 PM	Flight 1 Timed Warm-up	Xtreme Arena
1:35 PM	4:25 PM	Senior 7 and Senior 8 Competition	Xtreme Arena
4:30 PM	5:00 PM	Awards for Senior 7 and Senior 8	Xtreme Arena