

Meet Times

Session 1 Level - 4

8am-8:30- Stretch
8:30-9:45 Warm ups
9:50 Compete

Session 2 Level - 5,7,8

12pm-12:30- Stretch
12:30-1:45 Warm ups
1:50 Compete

Session 3 Level – 6,9,10

5pm-5:30 - Stretch
5:30- Warm up Compete

Times may change depending on the number of entries received.
Last year we had just over 200 boys and are expecting more.

There will be a special coaches drawing after each session.