



May 3-5 • Myrtle Beach, SC

[VENUE: Myrtle Beach Sports Center - Myrtle Beach, SC](#)

HOST: Thomas Gymnastics at the Beach

Thursday, May 02, 2024			
8:00 AM	6:00 PM	GK COMPETITION APPAREL PICK-UP	Myrtle Beach Sports Center
8:00 AM	10:30 AM	Open Workout for Region 8	Myrtle Beach Sports Center
10:40 AM	1:10 PM	Open Workout for Region 5	Myrtle Beach Sports Center
1:20 PM	3:50 PM	Open Workout for Region 6	Myrtle Beach Sports Center
4:00 PM	6:30 PM	Open Workout for Region 7	Myrtle Beach Sports Center
7:00 PM	9:00 PM	WELCOME PARTY	Broadway at the Beach
Friday, May 03, 2024			
8:00 AM	6:00 PM	GK COMPETITION APPAREL PICK-UP	Myrtle Beach Sports Center
SESSION I - JUNIOR 1 and JUNIOR 2			
8:00 AM	8:20 AM	Open Stretch	Myrtle Beach Sports Center
8:25 AM	8:40 AM	March-In and Introductions	Myrtle Beach Sports Center
8:45 AM	9:05 AM	Flight 1 Timed Warm-up	Myrtle Beach Sports Center
9:05 AM	11:55 AM	Junior 1 and Junior 2 Competition	Myrtle Beach Sports Center
12:00 PM	12:30 PM	Awards for Junior 1 and Junior 2	Myrtle Beach Sports Center
SESSION II - JUNIOR 3 and JUNIOR 4			
12:30 PM	12:50 PM	Open Stretch	Myrtle Beach Sports Center
12:55 PM	1:10 PM	March-In and Introductions	Myrtle Beach Sports Center
1:15 PM	1:35 PM	Flight 1 Timed Warm-up	Myrtle Beach Sports Center
1:35 PM	4:25 PM	Junior 3 and Junior 4 Competition	Myrtle Beach Sports Center
4:30 PM	5:00 PM	Awards for Junior 3 and Junior 4	Myrtle Beach Sports Center
SESSION III - JUNIOR 5 and JUNIOR 6			
5:00 PM	5:20 PM	Open Stretch	Myrtle Beach Sports Center
5:25 PM	5:40 PM	March-In and Introductions	Myrtle Beach Sports Center
5:45 PM	6:05 PM	Flight 1 Timed Warm-up	Myrtle Beach Sports Center
6:05 PM	8:55 PM	Junior 5 and Junior 6 Competition	Myrtle Beach Sports Center
9:00 PM	9:30 PM	Awards for Junior 5 and Junior 6	Myrtle Beach Sports Center
Saturday, May 04, 2024			
8:00 AM	6:00 PM	GK COMPETITION APPAREL PICK-UP	Myrtle Beach Sports Center
SESSION IV - JUNIOR 7 and JUNIOR 8			
8:00 AM	8:20 AM	Open Stretch	Myrtle Beach Sports Center
8:25 AM	8:40 AM	March-In and Introductions	Myrtle Beach Sports Center
8:45 AM	9:05 AM	Flight 1 Timed Warm-up	Myrtle Beach Sports Center
9:05 AM	11:55 AM	Junior 7 and Junior 8 Competition	Myrtle Beach Sports Center
12:00 PM	12:30 PM	Awards for Junior 7 and Junior 8	Myrtle Beach Sports Center
SESSION V - SENIOR 1 and SENIOR 2			
12:30 PM	12:50 PM	Open Stretch	Myrtle Beach Sports Center
12:55 PM	1:10 PM	March-In and Introductions	Myrtle Beach Sports Center
1:15 PM	1:35 PM	Flight 1 Timed Warm-up	Myrtle Beach Sports Center
1:35 PM	4:25 PM	Senior 1 and Senior 2 Competition	Myrtle Beach Sports Center
4:30 PM	5:00 PM	Awards for Senior 1 and Senior 2	Myrtle Beach Sports Center
SESSION VI - SENIOR 3 and SENIOR 4			
5:00 PM	5:20 PM	Open Stretch	Myrtle Beach Sports Center
5:25 PM	5:40 PM	March-In and Introductions	Myrtle Beach Sports Center
5:45 PM	6:05 PM	Flight 1 Timed Warm-up	Myrtle Beach Sports Center
6:05 PM	8:55 PM	Senior 3 and Senior 4 Competition	Myrtle Beach Sports Center
9:00 PM	9:30 PM	Awards for Senior 3 and Senior 4	Myrtle Beach Sports Center



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Sunday, May 05, 2024

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