



August 13-16 2021

Friday			Saturday			Sunday			Monday		
1:00		Doors Open	10:00	12:00	Observe Chow's Team Workout	9:00	1:00	Warm-up & Training	9:00	12:00	Warm-up & Training
1:00	1:30	Check-in	[Gymnast Welcome to Watch Team Workout at Chow's]			1:00	4:00	***Lunch & REST	12:00	12:30	Closing Ceremony
1:30	1:50	Opening Ceremony	1:00	7:30	Warm-up & Training	4:00	7:00	Warm-up & Training			
1:50	7:30	Warm-up & Training									

*****This is a 3 hour break designed for eating lunch and resting. Gymnast should be picked up from the gym during this break.**