



# Carbon Valley Gymnastics Meet



**Saturday, July 12, 2025 at Carbon Valley Parks Recreation Center**

**701 5<sup>th</sup> Street, Frederick, Co 80530**

## **Session 1:**

7:30 am	Arrive at Gym
7:45-8:00 am	Stretch/Open Gym
8-8:15 am	Warm Up Event #1
8:15-8:30 am	Warm Up Event #2
8:30-8:45 am	Announcements
8:45-9:25 am	Compete Event #1
9:25-10:05 am	Compete Event #2
10:05-11 am	Warm Up and Compete Rotation #3
11-11:55 am	Warm Up and Compete Rotation #4
12-12:30 pm	Awards (Gymnastics Center)

## **Session 2:**

11:45 am	Arrive
12-12:15 pm	Stretch/Open Gym
12:15-1:10 pm	Timed Warm Ups
1:10-1:20 pm	March In
1:20-3 pm	Compete
3 pm	Awards (Gymnastics Center)

## **Session 3:**

2:45 pm	Arrive
3-3:20 pm	Stretch/Open Gym
3:20-4:40 pm	Timed Warm Ups
4:40-4:50 pm	March In
4:50-7:50 pm	Compete
7:50 pm	Awards

## **Optionals (101)**

**\*\*Optionals/Compulsory 3** – Awards at the Gymnastics Center across the street from the Rec Center

**\*\*Please note** if session 1 or 2 finishes early, the next session will begin ahead of schedule.

**\*\*Lower-Level Seating** –Bleachers only, no chairs available.

**\*\*Upper-Level Seating** – Chairs are provided along the running track,, personal chairs are also welcome.

**\*\*Admissions** - \$8/person 2 and older per session or \$14/person all day

**\*\*Tickets** – Please purchase in advance and either print or save your ticket on your phone. (Tip: email the receipt to yourself for easy access upon entry)