

2023 LOUISIANA OPEN

FINAL SCHEDULE

C.G.'s Gymnastics
14550 Florida Blvd.
Baton Rouge, LA 70819

SESSION 1: USAG Boys All Levels Saturday, Dec. 16

Schedule:	9:00 – 9:15 AM	Stretch & Coaches' Meeting
	9:15 – 9:25 AM	Opening Ceremonies
	9:25 – 12:30 PM	Warm-Up & Compete
	12:30 – 1:15 PM	Awards

(All Star and C.G.'s split in 2 squads)

SESSION 2: LRG Girls Level 1 Saturday, Dec. 16

Schedule:	2:00 – 2:15 PM	Stretch & Coaches' Meeting
	2:15 – 2:25 PM	Opening Ceremonies
	2:25 – 4:20 PM	Warm-Up & Compete
	4:20 – 5:00 PM	Awards

SESSION 3: LRG Girls Level 2-3 Saturday, Dec. 16

Schedule:	5:10 – 5:25 PM	Stretch & Coaches' Meeting
	5:25 – 5:35 PM	Opening Ceremonies
	5:35 – 8:15 PM	Warm-Up & Compete
	8:15 – 9:00 PM	Awards

(Xcel split in 2 squads)

SESSION 4: USAG Girls Level 2-3 & XCEL Bronze-Silver Sunday, Dec. 17

Schedule:	9:00 – 9:15 AM	Stretch & Coaches' Meeting
	9:15 – 9:25 AM	Opening Ceremonies
	9:25 – 12:30 PM	Warm-Up & Compete
	12:30 – 1:15 PM	Awards

(All Star split in 2 squads)

SESSION 5: USAG Girls Level 4-5 & XCEL Gold-Platinum Sunday, Dec. 17

Schedule:	1:30 – 1:45 PM	Stretch & Coaches' Meeting
	1:45 – 1:55 PM	Opening Ceremonies
	1:55 – 4:35 PM	Warm-Up & Compete
	4:35 – 5:25 PM	Awards

(All Star and C.G.'s split in 2 squads)