



# 2023 Kick Off Classic

## Friday:

<b>Session 1:</b>	<b>12:00 pm</b> <i>(Doors open at 11:30)</i>	<b>IGC Bronze</b>
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<b>Session 2:</b>	<b>4:00 pm</b>	<b>IGC Diamond</b>
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<b>Session 2:</b>	<b>6:30 pm</b>	<b>IGC S / G / P</b>
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## Saturday:

<b>Session 3:</b>	<b>8:00 am</b> <i>(Doors open at 7:45 am if athletes need more stretch time)</i>	<b>IGC Copper 1</b>
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<b>Session 4:</b>	<b>11:00 am</b>	<b>IGC Copper 2</b>
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<b>Session 5:</b>	<b>2:30 pm</b>	<b>USA Xcel</b>
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<b>Session 5:</b>	<b>5:00 pm</b>	<b>USA 6-10</b>
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## Sunday:

<b>Session 6:</b>	<b>8:00 am</b> <i>(Doors open at 7:45 am if athletes need more stretch time)</i>	<b>USA 2-5</b>
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## Participating Clubs:

Aviator, BKGC, FGA, Five Star, GMGC- Huntington, GMGC-Smithtown, Gym-Nest, Gytime NYC, Island, JCC Mid West, NYC Elite, Power House, Sagamore



\*\* Please confirm times prior to traveling to your meet\*\*

Any changes will be sent via Push Notifications through the [MeetHub](#) mobile app and posted on [Gym-Nest.com](#)