



2022 Kick Off Classic

Updated 11/15/22

Friday:

Session 1:	2:00 pm	Excel
<i>(Doors open at 7:45 am if athletes need more stretch time)</i>		

Session 2:	5:00 pm	Levels 7-9
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Saturday:

Session 3:	8:00 am	Levels 2-6
<i>(Doors open at 7:45 am if athletes need more stretch time)</i>		

Session 4:	12:30 pm	IGC Bronze
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Session 5:	3:30 pm	IGC D / S / G
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Sunday:

Session 6:	8:00 am	IGC C1 & C2
<i>(Doors open at 7:45 am if athletes need more stretch time)</i>		

Participating Clubs:

Aviator, BKGCC, LI Core, Elite, FGA, Five Star, Gym-Nest, Industry, Island, JCC Mid West, Levels, MGA, NSG, Sagamore, Westchester



** 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