

## SS Asian Gymnastics Club Tournament 2025

### 2025 SS 亞洲體操俱樂部邀請賽

#### Podium Training & Competition Schedule

<i>Friday - May 2 2025</i>				
Session	Competition Level	Time		Location
Podium Training	WAG L4 & above	16:30-18:00		Arena
	Sportscene WAG L4 & above	18:00-19:30		
<i>Saturday - May 3 2025</i>				
Session	Competition Level	Time		Location
1	WAG L3 (A,B,C,D)	Registration	8:45-9:00	2/F
		Warm -up	9:00-9:20	Arena
		March in	9:20-9:30	Arena
		Competition	9:30-11:30	Arena
		Award Presentation	11:45	2/F
2	WAG L3 (E,F,G,H)	Registration	11:00-11:30	2/F
		Warm -up	11:30-11:50	Arena
		March in	11:50-12:00	Arena
		Competition	12:00-14:30	Arena
		Award Presentation	14:40	2/F
3	WAG L4-7	Registration	14:00-14:30	2/F
		Warm -up	14:30-14:50	Arena
		March in	15:00-15:10	Arena
		<b>OPEN CEREMONY</b>	15:10-15:30	Arena
		Competition	15:30-18:30	Arena
		Award Presentation	18:45	Arena
<i>Sunday - May 4 2025</i>				
Session	Competition Level	Time		Location
4	WAG L2(A,B,C,D)	Registration	8:45-9:00	2/F
		Warm -up	9:00-9:20	Arena
		March in	9:20-9:30	Arena
		Competition	9:30-12:00	Arena
		Award Presentation	12:15	2/F
5	WAG L2(E,F,G,H)	Registration	11:30-12:00	2/F
		Warm -up	12:00-12:20	Arena
		March in	12:20-12:30	Arena
		Competition	12:30-14:30	Arena
		Award Presentation	14:45	2/F
6	WAG L1(A,B,C,D)	Registration	14:00-14:30	2/F
		Warm -up	14:30-14:50	Arena
		March in	14:50-15:00	Arena
		Competition	15:00-17:00	Arena
		Award Presentation	17:15	2/F
7	WAG L1(E,F,G,H)	Registration	16:30-17:00	2/F
		Warm -up	17:00-17:20	Arena
		March in	17:20-17:30	Arena
		Competition	17:30-19:30	Arena
		Award Presentation	19:45	2/F
Podium Training	MAG L3 & L4	19:30-20:30		Arena
<i>Monday - May 5 2025</i>				
Session	Competition Level	Time		Location
8	MAG L1-L4 & MAG Pre-L1	Registration	8:45-9:00	2/F
		Warm -up	9:00-9:20	Arena
		March in	9:20-9:30	Arena
		Competition	9:30-11:30	Arena
		Award Presentation	11:30	2/F
9	WAG Pre-L1	Registration	11:00-11:30	2/F
		Warm -up	11:30-11:50	Arena
		March in	11:50-12:00	Arena
		Competition	12:00-14:00	Arena
		Award Presentation	14:00	2/F