



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 28-29, 2023 Emily Fedorko Challenge

Location: Darien YMCA

Address: 2420 Post Road, Darien, CT 06820

Saturday 1/28

Session 1

8:30am stretch

8:45am timed warm-up

9:00am march-in

Level 2 and 5 (48 gymnasts)

Session 2

12:00pm stretch

12:15pm timed warm-up

12:30pm march-in

Silver and Level 6 (60 gymnasts)

Session 3

3:00pm stretch

3:15pm timed warm-up

3:30pm march-in

Levels 7-10 and Platinum and Diamond (45 gymnasts)

Sunday 1/29

Session 4

8:30am stretch

8:45am timed warm-up

9:00am march-in

Bronze (42 gymnasts)

Session 5

12:00pm stretch

12:15pm timed warm-up

12:30pm march-in

Gold and Level 4 (52 gymnasts)

Session 6

3:00pm stretch

3:15pm timed warm-up

3:30pm march-in

Level 3 (48 gymnasts)

MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.

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