

JUNIOR ROCKY MOUNTAIN OPEN

January 20 - 22, 2023

*US Air Force Academy
Colorado Springs, Colorado*



Welcome to the 15th Annual Junior Rocky Mountain Open!

FINAL SCHEDULE!!

Friday Jan 20, 2023

Session I (Warm Up - Compete) – Levels 7 & 8

12:30 pm – Gym Opens

12:55 pm – March In

1:00 pm – Warm Up 1st Event

5:30 pm – Awards

Session II (Warm Up - Compete) – Level 9

6:00 pm – Gym Opens

6:25 pm – March In

6:30 pm – Warm Up 1st Event

9:30 pm – Awards

**JRMO Admission: Adults \$10 / Session
(Cash Only) Children under 12 \$5 / Session
Children under 3 are free**

Welcome to the 15th Annual Junior Rocky Mountain Open!

FINAL SCHEDULE!!

Saturday Jan 21, 2023

Session III (Warm up - Compete) – Level 3

7:30 am – Gym Opens

7:55 am – March In

8:00 am – Warm Up 1st Event

11:00 am – Awards

Session IV (Warm Up - Compete) – Level 10

11:30 am – Gym Opens

11:55 am – March In

12:00 pm – Warm Up 1st Event

4:00 pm – Awards

Due to the size of this session, we will not be using a 2-judge panel this year - we will split the Level 10 athletes between 2 judges by age group.

**JRMO Admission: Adults \$10 / Session
(Cash Only) Children under 12 \$5 / Session
Children under 3 are free**

Rocky Mountain Open College Meet - 6:00 pm

Some of the best college teams and athletes in the country will be competing, including Air Force, Nebraska, Oklahoma, Stanford, and Michigan. This will be a great night of gymnastics!!

Admission fee will be charged by the Air Force Academy

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Sunday Jan 22, 2023

Session V (Warm Up - Compete) – Level 4

8:30 am – Open Stretch

8:55 am – March In

9:00 am – Warm Up 1st Event

12:30 pm – Awards

Session VI (Warm Up - Compete) – Levels 5 & 6

1:00 pm – Open Stretch

1:25 pm – March In

1:30 pm – Warm Up 1st Event

6:00 pm – Awards

JRMO Admission: Adults \$10 / Session
(Cash Only) Children under 12 \$5 / Session
Children under 3 are free