

# 2024 **ROCK** Solid invitational

## March 1st-3rd 2024

### Rock Solid Athletics 13th Annual Invit.

#### FRIDAY

*\*for Friday - please do not park at the day care*

\*\*\*\* doors open at 5:00 for this session \*\*\*\*

Session #1 **Men's Levels 3-5** Women's Xcel Silver

Open Stretch	5:30 pm
National Anthem / Prayer	5:50
Warm-Up/Compete	6:00

#### SATURDAY

\*\*\*\* doors open at 7:30 \*\*\*\*

Session #2 **Men's L6+** Women's XDiam & L8-10

Open Stretch	8:00 am
National Anthem & Prayer	8:20
Warm-Up/Compete	8:30

\*\*\*\* doors open at 12:00 for this session \*\*\*\*

Session #3 Women's Levels 6 & 7

Open Stretch	12:30 pm
National Anthem / Prayer	12:50
Warm-Up/Compete	1:00

\*\*\*\* doors open at 4:15 for this session \*\*\*\*

Session #4 Women's Xcel Gold & Platinum

Open Stretch	4:45 pm
National Anthem / Prayer	5:05
Warm-Up/Compete	5:15

#### SUNDAY

\*\*\*\* doors open at 7:30 \*\*\*\*

Session #5 Women's Level 5 & Xcel Bronze

Open Stretch	8:00 am
National Anthem & Prayer	8:20
Warm-Up/Compete	8:30

\*\*\*\* doors open at 11:00 for this session \*\*\*\*

Session #6 Women's Levels 2 & 3

Open Stretch	11:30
National Anthem / Prayer	11:50
Warm-Up/Compete	12:00

\*\*\*\* doors open at 2:30 for this session \*\*\*\*

Session #7 Women's Level 4

Open Stretch	3:00 pm
National Anthem / Prayer	3:20
Warm-Up/Compete	3:30

admission **cash only**

**Adults \$20**

**Kids 4-12 & seniors \$10**

**Weekend \$30**



See website for hotel info.

You make the dawn and the sunset shout for joy. Psalm 65:8

**Rock Solid Athletics 6205 43rd #300 Lubbock, TX 79407**  
**806-795-ROCK** [www.rsa-gym.com](http://www.rsa-gym.com)