

# Timing Rules

**Each heat STARTS at the time below. Please show up as much as 30m early to your Heat to sign in, stretch, et:3c.**

**YOU CHOOSE YOUR DIFFICULTY.**

**We may suggest you try the next tier up based on your performance, but we cannot bump you back DOWN.**

**Youth/Novice:**

**9:00a**

**Early check in opens at 8:30a**

**Intermediate:**

**10:00a**

**Early check in opens at 9:30a**

**Advanced:**

**11:00a**

**Early check in opens at 10:30a**