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10/3/18

# NCBGA State Workout #4

**Date:** November 18, 2018

**Event Site:** Head Over Heels Athletic Arts  
4701 Doyle St  
Emeryville, CA 94608

**Map:** [www.hohathleticarts.com](http://www.hohathleticarts.com)

**Site Contact:** Mike Ashe (510) 655-1265

**Event Director:** Michelle Huffman - ohanagymwest@yahoo.com  
(831) 334 4121

## **REGISTER ONLINE with USA Gym Meet Reservation System**

**Deadline:** November 14th

**Entry Fee:** FREE to all current NCBGA Athlete members  
and NCBGA Member Club Coaches

**Near by Hotel:** NA

## **Schedule**

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11:45-12:00p	Check in	12:20-3:50p	Rotations
12:00-12:20p	Group warm-ups	3:50-4:00p	Closing activities