



## Gateway Spring

# 2019 Ninja Competition

Held at: Olympia Ninja City - Manchester  
334 Sovereign Court  
Manchester, MO 63011

## Saturday, April 27, 2019

Great attendance prizes

Doors open at noon

### **Session 1: Fun Run – 12:15-1:15pm**

**Please arrive 15 minutes before session.**

We will check in for the existing session 15 minutes before each session. If you are a spectator early, we can check you in after a group goes out for warm-ups.

### **Session 2: 6, 7 & 8 year olds – 1:30-3:00pm**

### **Session 3: 9 year olds 3:15-4:15pm**

### **Session 4: 10-11 year olds 4:30-6:15pm**

### **Session 5: 12+ year olds 6:30-8:30 “ish”**

Each group will be given 10 minutes for warm-up, then we will go over competition specific rules, then we will start our line-up of athlete runs. Awards/prizes per age group will be given out after Sessions 2-5. We will have Legoland for athletes waiting for their runtime.

*Groups signed up in the CNSA can compete towards a team trophy if they have at least 3 athletes running the event. Please let us know at check-in which ninja club you are with. Team CNSA League awards at end Session 5.*

**Thank you to all of our prize sponsors!**



Save the date for the next competitions: tba at the competition, more details coming soon.