

2025 **ROCK** Solid invitational

Feb 28th-March 2nd 2025

Rock Solid Athletics 14th Annual Invit.

FRIDAY

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

**** doors will not open until 4:30 ****

Session #1 Women's Levels 5 & 6

Open Stretch	5:00 pm
National Anthem / Prayer	5:20
Warm-Up/Compete	5:30

SATURDAY

**** doors will not open until 7:30 ****

Session #2 Women's Levels XBronze & XSilver

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 Men's Levels 3&4 Women's Levels 2&3

Open Stretch	12:15
National Anthem / Prayer	12:35
Warm-Up/Compete	1:45

**** doors open at 5:15 for this session ****

Session #4 Men's Levels 5+ Women's Levels 8+

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

SUNDAY

**** doors will not open until 7:30 ****

Session #5 Women's Levels 7 & XPlat. & XD

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

**** doors open at 12:15 for this session ****

Session #6 Women's Levels 4 & XGold

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

**Order Meet
T-SHIRT
See website**



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

admission cash only

Adults \$20

Kids 4-12 & seniors \$10

Weekend \$30



See website for hotel info.

Rock Solid Athletics 6205 43rd #300 Lubbock, TX 79407
806-795-ROCK www.rsa-gym.com