



COMPETITION SCHEDULE

Saturday, October 4, 2008

Session 1 – Level 3 – Modified Traditional Format

9:00-9:20 am	Open Stretch and Bar Settings
9:10-9:15 am	Coaches Meeting
9:20-9:30 am	Warm-Up 1 st Event
9:30-9:40 am	March-In and Team Introductions
10:45 am	Awards

SQUAD A**VAULT**

Spectrum (5)*

SQUAD B**UNEVEN BARS**

Spectrum (5)*

SQUAD C**BALANCE BEAM**

Lafayette Area (6)

SQUAD D**FLOOR EXERCISE**

Kokomo Flipsters (4)

Session 2 – Level 4 – Modified Capitol Cup Format

11:10-11:30 am	Open Stretch and Bar Settings
11:20-11:25 am	Coaches Meeting
11:30-11:45 am	Squad A - Warm-Up 1 st Event
11:45-11:55 am	March-In and Team Introductions
2:00 pm	Awards

SQUAD A**VAULT**

Spectrum (5)*

IN Gym Center (3)*

Lafayette Area (3)*

SQUAD B**BALANCE BEAM**

Kokomo Flipsters (12)*

SQUAD C**FLOOR EXERCISE**

TGC (13)*

Session 3 – Levels 5/6/7/PO – Modified Capitol Cup Format

2:30-2:50 pm	Open Stretch
2:40-2:45 pm	Coaches Meeting
2:50-3:00 pm	Squads A & B Warm-Up 1 st Event
3:00-3:10 pm	March-In and Team Introductions
5:30 pm	Awards

SQUAD A**VAULT**

Spectrum (8)*

SQUAD B**UNEVEN BARS**

TGC (7)

SQUAD C**BALANCE BEAM**

IN Gym Center (6)*

SQUAD D**FLOOR EXERCISE**

Kokomo Flipsters (11)*

JUDGES

Trudie Miller	Byron Holden	Larry Rigney	Mary Roth
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