

2011 Let's Get This Party Started
Gymnastics Invitational
Competition Schedule



SUNDAY, October 23, 2011

Session 1 Level 3/Xcel 31

Modified Traditional Format

9:00	-	9:20	Open Stretch	
9:05	-	9:15	Coaches Meeting	
9:20	-	9:30	Warm-Up 1st Event	
9:30	-	9:40	March In	
11:00			AWARDS	
		VT Indiana Gym-Nest		3
		The Gymnastics Co		2
		Girls Inc		2
		UB Spectrum		9 *
		BB Elite Gym Club		5
		FX Bella Rose		10 *

Session 2 Level 4 20

Modified Traditional Format - 2 Events at a Time

11:45	-	12:05	Open Stretch	
11:55	-	12:00	Coaches Meeting	
12:05	-	12:15	Warm-Up 1st Event	
12:15	-	12:25	March In	
2:00			AWARDS	
		VT Elite Gym Club		2
		Bella Rose		3
		Indiana Gym-Nest		5 *
		UB Sportastiks		2
		The Gymnastics Co		8 *

Session 3 Level 5/6/7/8 26

Modified Capitol Cup Format

2:45	-	3:05	Open Stretch		
2:55	-	3:00	Coaches Meeting		
3:05	-	3:15	Warm-Up 1st Event		
3:15	-	3:25	March In		
6:00			AWARDS		
		VT Indiana Gym-Nest		7 *	
		UB Sportastiks		1	
		Elite Gym Club		3	
		Spectrum		4	
		BB Bella Rose		3	WU 1st
		The Gymnastics Co		8 **	Rotation