



Hosted by Indiana Gym-Nest

2012 INDIANA GYMNASTICS FESTIVAL

COMPETITION SCHEDULE

SATURDAY, January 14, 2012

Manual High School
2405 Madison Avenue
Indianapolis, IN 46225-2106

Modified Capitol Cup Format

Session 1	Level 3	50
8:00	-	8:20 Open Stretch
8:05	-	8:15 Coaches Meeting
8:20	-	8:30 Warm-Up 1st Event
8:30	-	8:40 March In
10:00		AWARDS
Flight 1		
IN Gym-Nest	VT	6 *
Westside	UB	8 *
Kids In Motion	BB	6 *
Westside	FX	8 *
Flight 2		
Sportastiks	VT	2
Interactive	UB	6 *
Dance Moves	BB	7 *
Interactive	FX	7 *

* Designates Team Entry

Session 2	Level 4	52
10:15	-	10:35 Open Stretch
10:20	-	10:30 Coaches Meeting
10:35	-	10:45 Warm-Up 1st Event
10:45	-	10:55 March In
1:00		AWARDS
Flight 1		
Dana Mannix	VT	7 *
IN Gym-Nest	UB	5 *
Dana Mannix	BB	8 *
Sharps	FX	9 *
Flight 2		
Gloria's	VT	3 *
Kids In Motion		3 *
Sportastiks	UB	8 *
Indy School	BB	5
Gymnastics Etc	FX	4

* Designates Team Entry

Session 3	L7/8/9	44
1:15	-	1:35 Open Stretch
1:20	-	1:30 Coaches Meeting
1:35	-	1:45 Warm-Up 1st Event
1:45	-	1:55 March In
4:00		AWARDS
Flight 1		
Hoosier	VT	4 *L7
IN Gym-Nest	UB	8 *L789
Hoosier	BB	7 *L89
The Gym Co	FX	6 *L78
Flight 2		
Fusion	VT	4 L78
Classic City	UB	6 L78
IN Gym Center	BB	2 L7
Seymour		2 L7
Lafayette Area	FX	2 L7
Indy School		3 L8

* Designates Team Entry

Session 4	L5/6	65
4:15	-	4:35 Open Stretch
4:20	-	4:30 Coaches Meeting
4:35	-	4:45 Warm-Up 1st Event
4:45	-	4:55 March In
7:30		AWARDS
Flight 1		
Sharps	VT	12 *L5
Gloria's	UB	1 L6
Gymnastics Etc		1 L5
IN Gym Center		3 L5
Sharps	BB	9 *L6
Classic City	FX	6 L56
Flight 2		
Seymour	VT	7 **L56
The Gym Co	UB	7 *L56
Hoosier	BB	8 *L5
Fusion	FX	11 *L5

* Designates Team Entry



Hosted by Indiana Gym-Nest

2012 INDIANA GYMNASTICS FESTIVAL

COMPETITION SCHEDULE

SUNDAY, January 15, 2012

Manual High School
2405 Madison Avenue
Indianapolis, IN 46225-2106

Modified Capitol Cup Format

Session 4		Xcel	52
8:00	-	8:20	Open Stretch
8:05	-	8:15	Coaches Meeting
8:20	-	8:30	Warm-Up 1st Event
8:30	-	8:40	March In
10:45			AWARDS
Flight 1			
Richmond		VT	1 G
IN Gym Center			3 *G
IN Gym-Nest		UB	7 **BG
The Gym Co		BB	1 B
Lafayette Area			4 *BS
Hoosier		FX	9 **SGP
Flight 2			
Interactive		VT	9 *B
Fusion		UB	6 *G
Interactive		BB	5 SG
Sportastiks		FX	7 BSG

* Designates Team Entry

Session 5		Level 3	51
11:00	-	11:20	Open Stretch
11:05	-	11:15	Coaches Meeting
11:20	-	11:25	Warm-Up 1st Event
11:25	-	11:35	March In
1:10			AWARDS
Flight 1			
Indy School		VT	1
Interactive			6 *
Lafayette Area		UB	3 *
Fusion			4 *
Interactive		BB	6 *
Fusion		FX	7 *
Flight 2			
Dana Mannix		VT	7 *
Elite Sports		UB	5 *
Dana Mannix		BB	7 *
Elite Sports		FX	5 *

* Designates Team Entry

Session 7		Level 4	55
1:20	-	1:40	Open Stretch
1:25	-	1:35	Coaches Meeting
1:40	-	1:50	Warm-Up 1st Event
1:50	-	2:00	March In
4:00			AWARDS
Flight 1			
Lafayette Area		VT	3 *
Elite Sports			3 *
The Gym Co		UB	9 *
Fusion		BB	7 *
Richmond		FX	4
Flight 2			
IN Gym Center		VT	2
Gymnastics Lane			4
Hoosier		UB	7 *
Cole Academy		BB	8 *
Kokomotion		FX	8 *

* Designates Team Entry

Session 8		L5/6	60
4:15	-	4:35	Open Stretch
4:20	-	4:30	Coaches Meeting
4:35	-	4:45	Warm-Up 1st Event
4:45	-	4:55	March In
7:30			AWARDS
Flight 1			
Lafayette Area		VT	1 L5
IN Gym-Nest			5 *L5/6
Elite Sports		UB	7 *L5
Kokomotion		BB	5 *L5
Richmond		FX	11 L5/6
Flight 2			
Gymnastics Lane		VT	5 L5
Dana Mannix		UB	10 *L5
Sportastiks		BB	8 *L5
Cole Academy		FX	8 *L5/6

* Designates Team Entry