



Competition Schedule

SATURDAY, January 28, 2012

San Mateo County Event Center

Modified Traditional Format

Session 1		Level 7				
10:00	-	10:30	Open Stretch	(W)	VT Bay Aerials	3 t
10:10	-	10:20	Coaches Meeting		Gymtowne	5 t
10:30	-	10:40	March In - Team Introductions		Champion	6 t
10:40	-	11:00	1st Warm-Up A Equipment		UB CA Sports Center	2
1:30			AWARDS		Galaxy	4
					Edge	6 t
					BB USA Sports Hollister	1
					Gymnastics Zone	2
					Cartersville	8 t
					FX Black Diamond	1
					Sunnyvale	1
					Seawind Gymnastics	10 t
Session 2		Level 8 (W)		Level 4/5 (M)		
1:45	-	2:15	Open Stretch	(W)	VT Champion	12 t
1:55	-	2:05	Coaches Meeting		UB Sunnyvale	2
2:15	-	2:25	March In - Team Introductions		Edge	9 t
2:25	-	2:50	Warm-Up 1st Event		BB High Sierra	4 t
5:30			AWARDS		Seawind Gymnastics	8 t
					FX Cartersville Twisters	4 t
					Performance Athletics	5 t
				(M)	FX Gymtowne	2 L4
					Extreme	8 L4 t
					SR CCGI	6 L4 t
					Cartersville Twisters	6 L5 t
					PH Rising Star	1 L5
					Pyramid Elite	2 L45
					Classic	8 L45 t
Session 3		Level 9/10 (W)		Level 6/7/8/9 (M)		
5:45	-	6:15	Open Stretch	(W)	VT CYC Gymnastics	1 L9
5:55	-	6:05	Coaches Meeting		Gymtowne	3 L9 t
6:15	-	6:25	March In - Team Introductions		West Valley	3 L9 t
6:25	-	6:45	Warm-Up 1st Event		High Sierra	4 L9 t
9:00			AWARDS		UB Performance Athletics	1 L10
					Champion	9 L910 t
					BB Galaxy	1 L10
					Edge	9 L910 tt
					FX Cartersville Twisters	2 L10
					Seawind Gymnastics	8 L910 t
				(M)	FX Pyramid Elite	1 L7
					Rising Star	3 L89
					Cartersville Twisters	2 L810
					SR Classic	2 L6
					CCGI	5 L67 t

(t) designates team entry



Competition Schedule

SUNDAY, January 29, 2012

San Mateo County Event Center

Modified Capitol Cup Format

Session 4		Level 7/8							
8:00	-	8:30	Open Stretch	Flight A	VT Novato	6	L8	t	
8:10	-	8:20	Coaches Meeting		UB Classic	2	L7		
8:30	-	8:40	March In - Team Introductions		Marin Elite	2	L7		
8:40	-	8:55	Warm-Up Flight A		Gymtowne	3	L8	t	
8:55			Begin Competition / WUp Flight B		BB Novato	6	L7	t	
10:50			AWARDS		FX Gymstars Modesto	1	L8		
					West Valley	5	L8	t	
				Flight B	VT Twisters	7	L7	t	
					UB High Sierra	4	L7	t	
					BB Twisters	2	L8		
					CYC	4	L78		
					FX Rising Star	6	L78	t	
Session 5		Xcel Bronze/Silver							
11:15	-	11:35	Open Stretch	Flight A	VT Gymtowne	6	B	t	
11:20	-	11:30	Coaches Meeting		UB Peninsula	8	B	t	
11:35	-	11:45	March In - Team Introductions		BB Gymtowne	5	S	t	
11:45	-	11:55	Warm-Up Flight A		FX Peninsula	6	S	t	
11:55			Begin Competition / WUp Flight B		VT Gymtowne	5	B	t	
1:15			AWARDS	Flight B	UB West Valley	1	S		
					Seawind Gymnastics	4	BS	t	
					BB Classic	9	S	t	
					FX Peninsula	6	S	t	
Session 6		Xcel Gold/Platinum/Diamond							
1:30	-	1:50	Open Stretch	Flight A	VT Marin Elite	4	P	t	
1:35	-	1:45	Coaches Meeting		UB Seawind Gymnastics	6	G	t	
1:50	-	2:00	March In - Team Introductions		BB Peninsula	10	GP	t	
2:00	-	2:10	Warm-Up Flight A		FX Novato	4	P	t	
2:10			Begin Competition / WUp Flight B		VT West Valley	6	P	t	
3:30			AWARDS	Flight B	UB Performance	1	P		
					Gold Star	3	P	t	
					BB West Valley	4	D	t	
					FX Classic	3	GP		
					NBAA	2	GP		
Session 7		Level 3/4/5/6							
3:45	-	4:15	Open Stretch	Flight A	VT Gymtowne	7	L4	t	
3:55	-	4:05	Coaches Meeting		UB High Sierra	8	L4	t	
4:15	-	4:25	March In - Team Introductions		BB Bay Aerials	10	L3	t	
4:25	-	4:35	Warm-Up 1st Event		FX Gymstars	4	L3	t	
4:35			Begin Competition / WUp Flight B		VT Gymtowne	10	L5	t	
6:35			AWARDS	Flight B	UB High Sierra	11	L5	t	
					BB Gymtowne	2	L6		
					High Sierra	5	L6	t	
					FX Marin Elite	9	L5	t	

(t) designates team entry