

# Greater Kalamazoo World of Gymnastics

## Boys Meet

February 26, 2010

Thank you for entering your boys team in March Madness XV. The format will be traditional, warming up all events, then competing all events for session I, compulsory. The format for Session II, for optionals, will be modified capital cup, warming up and immediately competing each individual event. The schedule is as follows:

Session I: Sunday, March 14, 2010                      Level 4,5,6

### **Daylight Savings Time! Please remind your families!**

Check in and open stretching: 9:30 A.M. to 10:00 A.M.

Coaches Meeting: 9:50 A.M.

Timed Warm ups: 10:00 A.M. to 11:00 A.M.                      Warmup all events

Team introductions and National Anthem: 11:05 A.M.

Competition Begins: 11:15 A.M.

Awards upon completion of session.

Session II: Sunday, March 14, 2010                      Level 7,8,9,10

Check in and open stretching: 1:45 P.M. to 2:15 P.M.

Coaches Meeting: 2:05 P.M.

Team Introduction and National Anthem 2:15 P.M.

Warm up first event: 2:20 P.M.                      Warmup and immediately compete event

Compete first event: 2:30 P.M.

Awards upon completion of session.

If you have any questions, please call 269-381-5749. We will be happy to help.

Respectfully,

Jeff Kraft, Meet Director