

# TOTALLY RAD 17 GYMNASTICS INVITATIONAL, SECTIONAL AND FUN MEET

Friday, February 5, 2010

Session 1 - Prep Opt Bronze and Gold (60)	
Check-in and Stretch	8:00am - 8:30am
Coaches Meeting	8:15am - 8:25am
Warm-ups	8:30am - 9:30am
March-In	9:30am - 9:40am
Competition	9:40am - 12:00pm
Awards	12:10pm
Session 2 - Prep Opt Platinum and Level 7 (30)	
Check-in and Stretch	11:50am - 12:20pm
Coaches Meeting	12:05pm - 12:15pm
Warm-ups	12:20pm - 1:15pm
March-In	1:15pm - 1:25pm
Competition	1:25pm - 2:55pm
Awards	3:05pm
Session 3 - Prep Opt Silver (43)	
Check-in and Stretch	2:45pm - 3:15pm
Coaches Meeting	3:00pm - 3:10pm
Warm-ups	3:15pm - 4:00pm
March-In	4:00pm - 4:10pm
Competition	4:10pm - 5:40pm
Awards	5:50pm
Session 4 - Fun Meet (64)	
Check-in and Stretch	5:45pm - 6:15pm
Coaches Meeting	6:00pm - 6:10pm
Warm-ups	6:15pm - 7:05pm
March-In	7:05pm - 7:15pm
Competition	7:15pm - 8:45pm
Awards	8:50pm

Saturday, February 6, 2010

Session 5 - Fun Meet (74)	
Check-in and Stretch	7:45am - 8:15am
Coaches Meeting	8:00am - 8:10am
Warm-ups	8:15am - 9:15am
March-In	9:15am - 9:25am
Competition	9:25am - 11:00am
Awards	11:05am
Session 6 - Level 8/9/10 (33)	
Check-in and Stretch	10:50am - 11:20am
Coaches Meeting	11:05am - 11:15am
Warm-ups	11:20am - 12:10pm
March-In	12:10pm - 12:20pm
Competition	12:20pm - 2:05pm
Awards	2:15pm
Session 7 - Level 5 SQM (61)	
Check-in and Stretch	1:55pm - 2:25pm
Coaches Meeting	2:10pm - 2:20pm
Warm-ups	2:25pm - 3:30pm
March-In	3:30pm - 3:40pm
Competition	3:40pm - 5:40pm
Awards	5:50pm
Session 8 - Level 5 SQM (63)	
Check-in and Stretch	5:35pm - 6:05pm
Coaches Meeting	5:50pm - 6:00pm
Warm-ups	6:05pm - 7:10pm
March-In	7:10pm - 7:20pm
Competition	7:20pm - 9:20pm
Awards	9:30pm

Sunday, February 7, 2010

Session 9 - Fun Meet (55)	
Check-in and Stretch	7:45am - 8:15am
Coaches Meeting	8:00am - 8:10am
Warm-ups	8:15am - 9:00am
March-In	9:00am - 9:10am
Competition	9:10am - 10:20am
Awards	10:30am
Session 10 - Level 6 SQM (61)	
Check-in and Stretch	10:10am - 10:20am
Coaches Meeting	10:25am - 10:35am
Warm-ups	10:40am - 11:20am
March-In	11:45am - 11:55am
Competition	11:55am - 1:55pm
Awards	2:05pm
Session 11 - Level 5/6 SQM & Inv. (60)	
Check-in and Stretch	1:50pm - 2:20pm
Coaches Meeting	2:05pm - 2:15pm
Warm-ups	2:20pm - 3:25pm
March-In	3:25pm - 3:35pm
Competition	3:35pm - 5:35pm
Awards	5:45pm
Session 12 - Level 4 (50)	
Check-in and Stretch	5:30pm - 6:00pm
Coaches Meeting	5:45pm - 5:55pm
Warm-ups	6:00pm - 6:40pm
March-In	6:40pm - 6:50pm
Competition	6:50pm - 8:05pm
Awards	8:15pm

- Session 4: Allendale, Alpine, Grand Rapids Gymn., GKWG, KGI.
- Session 5: Aerial Express, Bounce, Livonia, Maple City, New Heights, Tecumseh.
- Session 7: AGA, All That Athletics, Branch, Champion - AA, Champion USA, Dreamcatcher, Gonyon's, Maple City.
- Session 8: Cassell, Extreme, Grand Rapids Gymn., Grand Traverse Bay, GKWG, KGI, Mills, Power in Motion, Tri-State Gymn, Troy, Water's Edge Gymn.
- Session 9: All That Athletics, Champion - AA, For the Kidz, Grand Traverse Bay, Perpetual Motion, Water's Edge.
- Session 10: All That Athletics, Branch, Cassell, Champion - AA, Champion USA, Grand Traverse Bay, GKWG, KGI, Maple City, Mills, Troy Gymn., Water's Edge Gymn.
- Session 11: Aerial Express, Alpine, American Gymn. Inst, Extreme, Grand Rapids Gymn., Power in Motion, Tri-State Gymn.



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