

2009 CEREAL CITY CLASSIC

Hosted by Branch Gymnastics

FRIDAY, JANUARY 23rd

GYM A

GYM B

GYM C

		<p style="text-align: center;">Session 6 – Level 7 Girls (Modified Capital Cup)</p> <table> <tr> <td>Gym Opens</td> <td>11:45 AM</td> </tr> <tr> <td>Check-in/General Stretch</td> <td>12:00 PM</td> </tr> <tr> <td>Coaches Meeting</td> <td>12:15 PM</td> </tr> <tr> <td>Warm-up 1st Event</td> <td>12:30 PM</td> </tr> <tr> <td>March-in</td> <td>12:50 PM</td> </tr> <tr> <td>Compete 1st Event</td> <td>1:00 PM</td> </tr> <tr> <td>Awards</td> <td>4:15 PM</td> </tr> </table>	Gym Opens	11:45 AM	Check-in/General Stretch	12:00 PM	Coaches Meeting	12:15 PM	Warm-up 1 st Event	12:30 PM	March-in	12:50 PM	Compete 1 st Event	1:00 PM	Awards	4:15 PM																						
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<p style="text-align: center;">Session 7 – Level 5 Girls (Traditional Format)</p> <table> <tr> <td>Check-in/General Stretch</td> <td>5:00 PM</td> </tr> <tr> <td>Coaches Meeting</td> <td>5:15 PM</td> </tr> <tr> <td>Timed Warm-ups</td> <td>5:30 PM</td> </tr> <tr> <td>March-in</td> <td>6:38 PM</td> </tr> <tr> <td>Competition Begins</td> <td>6:50 PM</td> </tr> <tr> <td>Awards</td> <td>9:00 PM</td> </tr> </table>	Check-in/General Stretch	5:00 PM	Coaches Meeting	5:15 PM	Timed Warm-ups	5:30 PM	March-in	6:38 PM	Competition Begins	6:50 PM	Awards	9:00 PM	<p style="text-align: center;">Session 8 – Level 4 Girls (Traditional Format)</p> <table> <tr> <td>Check-in/General Stretch</td> <td>5:00 PM</td> </tr> <tr> <td>Coaches Meeting</td> <td>5:15 PM</td> </tr> <tr> <td>Timed Warm-ups</td> <td>5:30 PM</td> </tr> <tr> <td>March-in</td> <td>6:40 PM</td> </tr> <tr> <td>Competition Begins</td> <td>6:50 PM</td> </tr> <tr> <td>Awards</td> <td>9:20 PM</td> </tr> </table>	Check-in/General Stretch	5:00 PM	Coaches Meeting	5:15 PM	Timed Warm-ups	5:30 PM	March-in	6:40 PM	Competition Begins	6:50 PM	Awards	9:20 PM	<p style="text-align: center;">Session 9 – Level 7 Girls (Modified Capital Cup)</p> <table> <tr> <td>Check-in/General Stretch</td> <td>4:30 PM</td> </tr> <tr> <td>Coaches Meeting</td> <td>4:45 PM</td> </tr> <tr> <td>Warm-up 1st Event</td> <td>5:00 PM</td> </tr> <tr> <td>March-in</td> <td>5:20 PM</td> </tr> <tr> <td>Compete 1st Event</td> <td>5:30 PM</td> </tr> <tr> <td>Awards</td> <td>8:45 PM</td> </tr> </table>	Check-in/General Stretch	4:30 PM	Coaches Meeting	4:45 PM	Warm-up 1 st Event	5:00 PM	March-in	5:20 PM	Compete 1 st Event	5:30 PM	Awards	8:45 PM
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Awards	8:45 PM																																					

2009 CEREAL CITY CLASSIC

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SATURDAY, JANUARY 24TH

GYM A

GYM B

GYM C

<p style="text-align: center;">Session 10 – Level 5 Girls (Traditional Format)</p> <p>Arena Opens 7:30 AM Check-in/General Stretch 8:00 AM Coaches Meeting 8:10 AM Timed Warm-ups 8:30 AM March-in 9:38 AM Competition Begins 9:55 AM Awards 12:30 PM</p>	<p style="text-align: center;">Session 11 – Level 4 Girls (Traditional Format)</p> <p>Arena Opens 7:30 AM Check-in/General Stretch 8:00 AM Coaches Meeting 8:10 AM Timed Warm-ups 8:30 AM March-in 9:37 AM Competition Begins 9:50 AM Awards 12:15 PM</p>	<p style="text-align: center;">Session 12 – Level 8 Girls (Modified Capital Cup)</p> <p>Arena Opens 7:30 AM Check-in/General Stretch 8:00 AM Coaches Meeting 8:10 AM Warm-up 1st Event 8:30 AM March-in 8:46 AM Compete 1st Event 8:55 AM Awards 11:20 AM</p>
<p style="text-align: center;">Session 13 – Level 5 Girls (Traditional Format)</p> <p>Check-in/General Stretch 12:45 PM Coaches Meeting 1:00 PM Timed Warm-ups 1:15 PM March-in 2:23 PM Competition Begins 2:30 PM Awards 5:15 PM</p>	<p style="text-align: center;">Session 14 – Level 4 Girls (Traditional Format)</p> <p>Check-in/General Stretch 12:30 PM Coaches Meeting 12:45 PM Timed Warm-ups 1:00 PM March-in 2:03 PM Competition Begins 2:15 PM Awards 4:30 PM</p>	<p style="text-align: center;">Session 15 – Level 8 Girls (Modified Capital Cup)</p> <p>Check-in/General Stretch 11:30 AM Coaches Meeting 11:45 AM Warm-up 1st Event 12:00 PM March-in 12:18 PM Compete 1st Event 12:25 PM Awards 3:15 PM</p>
<p style="text-align: center;">Session 16 – Level 5 Girls (Traditional Format)</p> <p>Check-in/General Stretch 5:30 PM Coaches Meeting 5:45 PM Timed Warm-ups 6:00 PM March-in 7:04 PM Competition Begins 7:15 PM Awards 9:45 PM</p>	<p style="text-align: center;">Session 17 – Level 4 Girls (Traditional Format)</p> <p>Check-in/General Stretch 4:45 PM Coaches Meeting 5:00 PM Timed Warm-ups 5:15 PM March-in 6:30 PM Competition Begins 6:40 PM Awards 9:20 PM</p>	<p style="text-align: center;">Session 18 – Level 9/10 Girls (Modified Capital Cup)</p> <p>Check-in/General Stretch 3:30 PM Coaches Meeting 3:45 PM Warm-up 1st Event 4:00 PM March-in 4:28 PM Compete 1st Event 4:40 PM Awards 8:30 PM</p>

2009 CEREAL CITY CLASSIC

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SUNDAY, JANUARY 25TH

GYM A

GYM B

GYM C

Session 19 – Level 6 Girls

(Traditional Format)

Arena Opens	7:30 AM
Check-in/General Stretch	9:00 AM
Coaches Meeting	9:10 AM
Timed Warm-ups	9:30 AM
March-in	10:15 AM
Competition Begins	10:25 AM
Awards	12:00 PM

Session 20 – Level 4 Boys

(Traditional Format)

Arena Opens	7:30 AM
Check-in/General Stretch	8:00 AM
Coaches Meeting	8:10 AM
Timed Warm-ups	8:30 AM
March-in	9:30 AM
Competition Begins	9:40 AM
Awards	11:45 AM

Session 21 – Prep Op Bronze

(Modified Capital Cup)

Arena Opens	7:30 AM
Check-in/General Stretch	8:00 AM
Coaches Meeting	8:10 AM
Warm-up 1 st Event	8:30 AM
March-in	8:43 AM
Compete 1 st Event	8:55 AM
Awards	11:45 AM

Session 22 – Level 6 Girls

(Traditional Format)

Check-in/General Stretch	12:15 PM
Coaches Meeting	12:30 PM
Timed Warm-ups	12:45 PM
March-in	1:30 PM
Competition Begins	1:45 PM
Awards	3:30 PM

Session 23 – Level 5 Boys

(Traditional Format)

Check-in/General Stretch	12:00 PM
Coaches Meeting	12:15 PM
Timed Warm-ups	12:30 PM
March-in	1:35 PM
Competition Begins	1:45 PM
Awards	3:45 PM

Session 24 – Prep Op Silver

(Modified Capital Cup)

Check-in/General Stretch	12:00 PM
Coaches Meeting	12:15 PM
Warm-up 1 st Event	12:30 PM
March-in	12:43 PM
Compete 1 st Event	12:55 PM
Awards	3:45 PM

Session 25

Session 26 – Level 6-10 Boys

(Modified Capital Cup)

Check-in/General Stretch	4:00 PM
Coaches Meeting	4:15 PM
Warm-up 1 st Event	4:30 PM
March-in	4:45 PM
Compete 1 st Event	4:55 PM
Awards	8:45 PM

Session 27 – Prep Op Gold/Platinum

(Modified Capital Cup)

Check-in/General Stretch	4:00 PM
Coaches Meeting	4:15 PM
Warm-up 1 st Event	4:30 PM
March-in	4:47 PM
Compete 1 st Event	5:00 PM
Awards	7:45 PM

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