

2008 Lights! Camera! Action! Session Schedule

Saturday, January 26: COMPULSORY LEVEL SESSIONS

Traditional Format: Warm up on all events prior to competition, please arrive in warm up leotards.

SESSION 1 – Level 4 (46 gymnasts)

Squad A – V, UE, EE, FX	Squad B – UE, EE, FX, V	Squad C – EE, FX, V, UE	Squad D – FX, V, UE, EE
EGA (8), Sunrise (4)	Hudson (11)	Gleason's MG (9), Sunrise (4)	Spirit Gymnastics (11)

11:00 a.m.	Registration
11:30 a.m. – 12:00 p.m.	Stretch & Bar Settings
11:50 – 12:00 p.m.	Coaches Meeting
12:00 p.m. - 12:50 p.m.	Timed Warm-ups
12:50 p.m. - 1:00 p.m.	March-in
1:00 p.m. – 2:40 p.m.	Competition
	Awards to follow

SESSION 2 – Level 5/6 (58 gymnasts)

Squad A – V, UE, EE, FX	Squad B – UE, EE, FX, V	Squad C – EE, FX, V, UE	Squad D – FX, V, UE, EE
Gleason's Eagan (12)	Gleason's MG (10), Hudson (5)	Hastings (9), EGA (6)	Northern Flight (11), Sunrise (5)

3:00 p.m.	Registration
3:30 p.m. – 4:00 p.m.	Stretch & Bar Settings
3:50 – 4:00 p.m.	Coaches Meeting
4:00 p.m. – 5:00 p.m.	Timed Warm-ups
5:00 p.m. – 5:10 p.m.	March-in
5:10 p.m. – 7:10 p.m.	Competition
	Awards to follow

Sunday, January 27: OPTIONAL LEVEL SESSIONS

Modified Traditional Format: Warm up on events immediately precede competition on each event, please arrive in competition leotards. Squads will be split into Flights A & B.

SESSION 3 – Level 7 (45 gymnasts)

Squad A – V, UE, EE, FX	Squad B – UE, EE, FX, V	Squad C – EE, FX, V, UE	Squad D – FX, V, UE, EE
Gleason's MG (7), Hastings (2), Tobler (1)	Midwest (7), Northern Flight (5)	Gleason's Eagan (13)	TGA (7), EGA (3)

8:00 a.m.	Registration
8:20 a.m. – 8:50 a.m.	Stretch & Bar Settings
8:40 a.m. – 8:50 a.m.	Coaches Meeting
8:50 a.m. - 9:00 a.m.	March-in
9:00 a.m. - 12:25 p.m.	Competition
	Awards to follow

SESSION 4 – Level 8,9,10 (49 gymnasts)

Squad A – V, UE, EE, FX	Squad B – UE, EE, FX, V	Squad C – EE, FX, V, UE	Squad D – FX, V, UE, EE
Midwest (10), All Star (2)	Gleason's MG (13)	TGA(8), Sunrise (2), Northern Flight (1)	Gleason's Eagan (12)

12:30 p.m.	Registration
12:50 p.m. – 1:20 p.m.	Stretch & Bar Settings
1:10 p.m. - 1:20 p.m.	Coaches Meeting
1:20 p.m. - 1:30 p.m.	March-in
1:30 p.m. - 5:15 p.m.	Competition
	Awards to Follow