

MD GymFest TeamGym Competition

February 14, 2010

Saturday, Feb 13													
4:40-8:30 Scheduled Training for Visiting Clubs (Please email Diane if you'd like to participate.)													
Training Table Buffet provided by Skyview Team Parents													
Team Photos - for those participating in Saturday Training													
Sunday, Feb 14													
Session 1 Levels 5/6/7													
8:00 Athlete Arrival and Stretch													
8:15 Coaches Meeting		Warm-up				Competition							
8:30-9:30 Timed Warm-ups		4 minutes per rotation				1 JUMP & TUMBLE			2 FLOOR				
		Vault	Mini	Floor									
Session 1 Squads													
		8:30	1	2	3	Squad 1 Jump (Vault & Mini)			Squad 3				
1 Sky 7		8:34	4	5	6	Squad 2 Jump (Vault & Mini)			Squad 4				
2 Birons 7		8:38	7	8	9	Squad 3 Tumble & Jump			Squad 5				
3 Gymkhana 6		8:42	1	2	Squad 4 Tumble & Jump			Squad 6					
4 Birons 6		8:46	3	4	5	Squad 5 Tumble & Jump			Squad 7				
5 Northern Elite 5		8:50	6	7	8	20 Min	Squad 6 Tumble & Jump			Squad 8			
6 Clarks 5		8:54	9	1	Streaming		Squad 7 Tumble & Jump			Squad 9			
7 Birons 5		8:58	2	3	4	Xtumble		Squad 8 Tumble & Jump			Squad 1		
8 Berks East 5		9:02	5	6	7	Squad 9 Tumble & Jump			Squad 2				
9 Bay State 5		9:06	8	9	Squad 1 Tumble			Squad 2 Tumble					
		9:10	END										
9:45-11:20		COMPETITION Levels 5/6/7											
11:20-11:40		Gymfest Spacing, Team Photos, Lunch...											
11:45-12:30		Gymfest Performances					Birons, Berks East, Skyview Performing = Order TBD						
		Awards for Session 1											
Session 2 Levels 1/2/3/4													
12:45 Athlete Arrival & Stretch													
1:15 - 2:30 Timed Warm-ups		Warm-up				Competition							
		4 minutes per rotation				1 TUMBLE & JUMP			2 FLOOR				
		Vault	Mini	Floor									
Session 2 Squads													
		1:15	10	11	12	20 Min	same order as warm-up			same order as warm-up			
10 Gymkhana 1		1:19	13	14	15	Streaming							
11 Northern Elite 2		1:23	16	17	18	Xtumble							
12 Gymkhana 2		1:27	19	20	21								
13 Columbia 2		1:31	10	11									
14 Classic 2		1:35	12	13	14								
15 Clarks 2		1:39	15	16	17								
16 ASAP 2		1:43	18	19	20								
17 Northern Elite 3		1:47	21	10									
18 Skyview 4		1:51	11	12	13								
19 Gymkhana 4		1:55	14	15	16								
20 Berks East 4		1:59	17	18	19								
21 ASAP 4		2:03	20	21									
		2:07											
2:45-4:15		COMPETITION Levels 1/2/3/4											
4:15-5:00		Awards for Session 2											