

Session 1

Saturday 1-16-10

	Level 5	Level 6	Starting event			
			Vault	Bars	Beam	Floor
All That Athletics	1	5			6	
Gonyons Gymnastics	6				6	
Grand Traverse Bay Gymnastics	2	11		8	5	
Infinity Gymnastics Academy		9				9
Livonia Gymnastics Academy		1				1
Michigan Elite Gymnastics Acad		9		9		
Olympia Gymnastics Academy		9	9			
Red Cedar Gymnastics	5		5			
Splitz Gymnastics		9	3			6
Total				67		

Check in/Open stretch	8:00-8:30
Coaches meeting	8:15
Timed warm up	8:30-9:40
March in	9:40-9:50
Competition	9:50-12:10
Awards	12:10

Session 2

Saturday 1-16-10

	Level 5	Starting event			
		Vault	Bars	Beam	Floor
Gedderts Twistars USA	17		8		9
Infinity Gymnastics Academy	8				8
Livonia Gymnastics Academy	13	5		8	
Olympia Gymnastics Academy	15	6	9		
Splitz Gymnastics	14	6		8	
Total			67		

Check in/Open stretch	12:30-1:00
Coaches meeting	12:45
Timed warm up	1:00-2:10
March in	2:10-2:20
Competition	2:20-4:40
Awards	4:40

Session 3

Saturday 1-16-10

	Level 4	Level 5	Starting event			
			Vault	Bars	Beam	Floor
All That Athletics	2				2	
Alpine Gymnastics		14			14	
Dreamcatcher Gymnastics		8				8
Farmington Gymnastics Center		15	8	7		
Gedderts Twistars USA	9		9			
Michigan Elite Gymnastics Acad		18		10		8
Total			17	17	16	16

Check in/Open stretch	5:15-5:45
Coaches meeting	5:30
Timed warm up	5:45-6:55
March in	6:55-7:05
Competition	7:05-9:20
Awards	9:20

Session 4
Sunday 1-17-10
Fun Meet

Starting event

	Level 3	Level 4	L5 fun	Vault	Bars	Beam	Floor
All That Athletics	5	3		8			
Livonia Gymnastics Academy	15				6	9	
Splitz Gymnastics		4	12		4		12

Check in/Open stretch	9:00-9:30
Coaches meeting	9:15
Timed warm up	9:30-10:10
March in	10:10-10:15
Competition	10:15-11:30
Awards	11:30
