



**2011 INDIANA LEVEL 3 / 4 NORTH
STATE CHAMPIONSHIPS**
Hosted By
Mid-America Gymnastics
COMPETITION SCHEDULE

SATURDAY, MARCH 5, 2011

Session 1 * Level 4 * 6-7 yr olds / 12 & up

Modified Capitol Cup Format

7:50	-	8:00 Coaches Meeting
8:00	-	8:30 Open Stretch - Flight I - Equipment A
8:10	-	8:40 Open Stretch - Flight II - Equipment B
8:30	-	8:40 Warm-Up Flight I
8:40	-	8:55 March In - All Participants
11:00		AWARDS

Session 2 * Level 4 * 8 yr olds

Modified Capitol Cup Format

11:05	-	11:15 Coaches Meeting
11:15	-	11:45 Open Stretch - Flight I - Equipment A
11:25	-	11:55 Open Stretch - Flight II - Equipment B
11:45	-	11:55 Warm-Up Flight I
11:55	-	12:10 March In - All Participants
2:15		AWARDS

Session 3 * Level 4 * 9 yr olds

Modified Capitol Cup Format

2:20	-	2:30 Coaches Meeting
2:30	-	3:00 Open Stretch - Flight I - Equipment A
2:40	-	3:10 Open Stretch - Flight II - Equipment B
3:00	-	3:10 Warm-Up Flight I
3:10	-	3:25 March In - All Participants
5:30		AWARDS

Session 4 * Level 4 * 10 yr olds / 11 yr olds

Modified Capitol Cup Format

5:35	-	5:45 Coaches Meeting
5:45	-	6:15 Open Stretch - Flight I - Equipment A
6:00	-	6:30 Open Stretch - Flight II - Equipment B
6:15	-	6:30 Warm-Up Flight I
6:30	-	6:45 March In - All Participants
9:15		AWARDS

MARION HIGH SCHOOL * 750 W. 26th Street * Marion, IN 46953

It's all  cool



2011 INDIANA LEVEL 3 / 4 NORTH
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SUNDAY, MARCH 6, 2011

Session 1 * Level 3 * 5-6 yr olds / 9 yr olds

Modified Capitol Cup Format

8:00	-	8:30 Open Stretch - Flight I - Equipment A
8:10	-	8:20 Coaches Meeting
8:10	-	8:40 Open Stretch - Flight II - Equipment B
8:30	-	8:40 Warm-Up Flight I
8:40	-	8:55 March In - All Participants
11:00		AWARDS

Session 2 * Level 3 * 7 yr olds

Modified Capitol Cup Format

11:15	-	11:45 Open Stretch - Flight I - Equipment A
11:25	-	11:35 Coaches Meeting
11:25	-	11:55 Open Stretch - Flight II - Equipment B
11:45	-	11:55 Warm-Up Flight I
11:55	-	12:10 March In - All Participants
2:15		AWARDS

Session 3 * Level 3 * 8 yr olds / 10 & Up

Modified Capitol Cup Format

2:30	-	3:00 Open Stretch - Flight I - Equipment A
2:40	-	2:50 Coaches Meeting
2:40	-	3:10 Open Stretch - Flight II - Equipment B
3:00	-	3:10 Warm-Up Flight I
3:10	-	3:25 March In - All Participants
5:30		AWARDS

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