

Friday, February 15th, 2019 - Gym B			
<p><u>Session 1: Level 7</u></p> <p>Open Stretch: 8:00 a.m. Introductions : 8:25 Timed Warm-up: 8:30 Competition : 8:40 Awards to follow</p>	<p><u>Session 2: Level 8</u></p> <p>Open Stretch: 11:45 a.m. Introductions: 12:15 Timed Warm-up : 12:15 Competition : 12:30 Awards to follow</p>	<p><u>Session 3: Level 5/9/10</u></p> <p>Open Stretch: 3:30 Introductions: 4:00 Timed Warm-up : 4:00 Competition : 4:15 Awards to follow</p>	
<p><u>Teams</u></p> <p><u>All Level 7</u></p>	<p><u>Teams</u></p> <p><u>All Level 8</u></p>	<p><u>Teams</u></p> <p><u>All Level 5, 9, 10</u></p>	

Saturday, February 16th, 2018

Session 5: Xcel Silver

Open Stretch: 8:00 a.m.
 Introductions : 8:25
 Timed Warm-up: 8:30
 Competition : 8:40
 Awards to follow

Session 6: Level 6

Open Stretch: 12:00
 Introductions: 12:25
 Timed Warm-up : 12:30
 Competition : 12:40
 Awards to follow

Session 7: Level 4

Open Stretch: 3:30
 Introductions: 3:55
 Timed Warm-up : 4:00
 Competition : 4:15
 Awards to follow

Teams

All Xcel Silver

Teams

All Level 6

Teams

All Level 4

Sunday, February 17th, 2018

<p><u>Session 8: Level 3</u></p> <p>Open Stretch: 8:00 a.m. Introductions : 8:25 Timed Warm-up: 8:30 Competition : 8:40 Awards to follow</p>	<p><u>Session 9: Level 3</u></p> <p>Open Stretch: 11:15 Introductions: 11:40 Timed Warm-up : 11:50 Competition : 12:00 Awards to follow</p>	<p><u>Session 10: Level 2</u></p> <p>Open Stretch: 2:30 Introductions: 2:55 Timed Warm-up : 3:00 Competition : 3:15 Awards to follow</p>	
<p><u>Teams</u></p> <p>American Eagles Champion Gym Skills Hocking Valley Integrity Athletics Quest Rising Stars SOGA</p>	<p><u>Teams</u></p> <p>Columbus Gymnastics Flip N Twist New Heights Olympic Academy Toledo Universal Zanesville</p>	<p><u>Teams</u></p> <p>Columbus Gymnastics Integrity Athletics Perfection Universal Zanesville</p>	