

## **Level 3 East States Schedule**

Hello Coaches

GIRLS CO-OP Gymnastics is so excited to be hosting Level 3 East States.

We have a great fun theme. So make sure your athletes have their  
“ Hair Up “ and ready for our Troll World.

All Sessions are Modified Capital Cup.

No rotations for the entire weekend will be over 10 athletes.

This is so you can be prepared from a coaching standpoint.

11 athletes will be split into 2 groups

Pro Score will assign rotation order.

We will not be switching athletes from one rotation group to another  
the day of the meet. So please make sure athletes and families  
understand groups over 10 will be split.

The gym will open ½ hour before Open Stretch begins

Open Stretch is 30 minutes long.

Open Stretch will begin at 9 am Saturday and Sunday

As always we will have a catered coaches room.

With breakfast and lunch being served Saturday and Sunday.

We know these are younger athletes so we are doing our best to get  
everyone to compete and get home at a reasonable time.

There will be no late night sessions.

If you have any questions please do not hesitate to contact me at

[2018pal3eaststates@gmail.com](mailto:2018pal3eaststates@gmail.com)

Sandy

## ***Saturday***

### **Session 1 Total # of athletes 72**

8:30 a.m. Doors Open / Registration Begins

9:00 a.m. Open Stretch

9:30 a.m. National Anthem/ Walk Out

9:45 a.m. Competition

11:45 a.m. Awards

#### ***Gyms Attending***

Upper Marion (15) Tumble w/ Denise (10)

Silvia's (13) Central Bucks (17)

DV Gym (3) Northeast (3)

Bucks II (5) Manettes (4)

Pottsville (2)

### **Session 2 Total # of athletes 73**

11:45 a.m. Open Stretch

12:15 p.m. National Anthem / Walk Out

12:30 p.m. Competition

2:30 p.m. Awards

#### ***Gyms Attending***

Prestige (21) KMC (11)

Parkettes (10) High Performance (12)

Metzlers (12) Precision (5)

Fusion (2)

### **Session 3 Total # of athletes 71**

2:30 p.m. Open Stretch

3:00 p.m. National Anthem/Walk Out

3:15 p.m. Competition Begins

5:15 p.m. Awards

#### ***Gyms Attending***

Somerton (4) C3 Gym (5)

Richochets (8) Shooting Starz (12)

Aerials (8) United GA (6)

Energy (12) Mont Co (13)

Ches Co (3)

## ***Sunday***

### **Session 4 Total # of athletes 72**

8:30 a.m. Doors Open  
9:00 a.m. Open Stretch  
9:30 a.m. National Anthem/Walk Out  
9:45 a.m. Competition Begins  
11:45 a.m. Awards

#### ***Gyms Attending***

Cumberland (10)	Turners (6)
Bensalem (7)	Freedom (5)
Thundercats (12)	CO-OP (3)
John Pancott (12)	Kippettes (6)
Power and Grace (6)	Kasierman (5)

### **Session 5 Total # of athletes 74**

11:45 a.m. Open Stretch  
12:15 p.m. Walk Out/National Anthem  
12:30 p.m. Competition  
2:30 p.m. Awards

#### ***Gyms Attending***

AJS Pancott (6)	Philly In Movement(11)
Force (7)	Fearless (6)
GymOlympic (10)	Cumberland (10)
Nook (3)	Paramount(7)
Pike (7)	United Sports Acad (7)
Spirit (12)	