

2010 Winter Fun Invitational
Rose's Gymnastics Training Center
1802 Old Fire Tower Rd, Greenville, NC 27858
252-321-7264
rgtc@embarqmail.com

Saturday, February 6th, 2010
All sessions are Capital Cup

Session 1 – Rookie 1's (all ages)
Open Stretch – 8:30 – 8:50
Flight A Timed Warm-ups – 8:50 – 9:00
March In – 9:00 – 9:10
Competition – 9:10 – 11:30
Awards To Follow In Back Gym

Session 2 – Rookie 2's (all ages)
Open Stretch – 12:00 – 12:20
Flight A Timed Warm-ups – 12:20 – 12:30
March In – 12:30 – 12:40
Competition – 12:40 – 3:00
Awards To Follow In Back Gym

Session 3 – Prep 1's and Level 7's, 8's, 9's, & 10's (all ages)
Open Stretch – 3:30 – 4:00
Flight A Timed Warm-ups – 4:00 – 4:15
March In – 4:15 – 4:25
Competition – 4:25 – 7:45
Awards To Follow In Back Gym

Sunday, February 7th, 2010

Session 4 – Novices and Premiers (all ages)
Open Stretch – 9:00 – 9:20
Flight A Timed Warm-ups – 9:20 – 9:30
March In – 9:30 – 9:40
Competition – 9:40 – 12:40
Awards To Follow In Back Gym