

Rookie State Meet Schedule

March 13th – 14th, 2010



Saturday March 13th

Session 1 (Rookie 1's) (Ages 10 & 11) 52 Gymnasts

Modified Capital Cup Format (Warm up / Compete)

- 8:00 – 8:20 General Stretch
 - 8:20 – 8:30 Timed Warm Up 1st Event
 - 8:30 – 8:40 March In
 - 8:40 – 10:40 Compete (Mod Cap Cup)
- Awards to Follow

Session 2 (Rookie 1's) (Ages 9) 52 Gymnasts

Modified Capital Cup Format (Warm up / Compete)

- 11:15 – 11:35 General Stretch
 - 11:35 – 11:45 Timed Warm Up 1st Event
 - 11:45 – 11:55 March In
 - 11:55 – 1:55 Compete (Mod Cap Cup)
- Awards to Follow

Session 3 (Rookie 1's) (Ages 8 & 12) 54 Gymnasts

Modified Capital Cup Format (Warm up / Compete)

- 2:30 – 2:50 General Stretch
 - 2:50 – 3:00 Timed Warm Up 1st Event
 - 3:00 – 3:10 March In
 - 3:10 – 5:10 Compete (Mod Cap Cup)
- Awards to Follow

Session 4 (Rookie 1's) (Ages 5 – 7, 13 & Up) 53 Gymnasts

Modified Capital Cup Format (Warm up / Compete)

- 5:45 – 6:05 General Stretch
 - 6:05 – 6:15 Timed Warm Up 1st Event
 - 6:15 – 6:25 March In
 - 6:25 – 8:25 Compete (Mod Cap Cup)
- Awards to Follow & Team Awards for Rookie 1

Reminder: Daylight Savings Time starts Sun. Mar.14th at 2:00am

Sunday March 14th

Session 5 (Rookie 2's) (Ages 11 & Up) 50 Gymnasts

Modified Capital Cup Format (Warm up / Compete)

9:00 – 9:20 General Stretch

9:20 – 9:30 Timed Warm Up 1st Event

9:30 – 9:40 March In

9:40 – 11:40 Compete (Mod Cap Cup)

Awards to Follow

Session 6 (Rookie 2's)(Ages 5 –7, & 10) 40 Gymnasts

Modified Capital Cup Format (Warm up / Compete)

12:15 – 12:35 General Stretch

12:35 – 12:45 Timed Warm Up 1st Event

12:45 – 12:55 March In

12:55 – 2:55 Compete (Mod Cap Cup)

Awards to Follow

Session 7 (Rookie 2's) (Ages 8 & 9) 54 Gymnasts

Modified Capital Cup Format (Warm up / Compete)

3:30 – 3:50 General Stretch

3:50 – 4:00 Timed Warm Up 1st Event

4:00 – 4:10 March In

4:10 – 6:10 Compete (Mod Cap Cup)

Awards to Follow & Team Awards for Rookie 2