

***Saturday, October 11<sup>th</sup>, 2008***

**Session One: Level 4 Novice and Level 4(60)**

*Modified Traditional Format*

*8:00-8:30 Open Stretch*

*8:30-8:40 March In and National Anthem*

*8:40-11:50 Warm-ups/Competition*

*11:50-12:00 Handstand Contests*

*12:00 Awards*

**Session Two: Level Three(31)**

*Traditional Format*

*12:00-12:20 Open Stretch*

*12:20-12:40 Timed Warm-ups*

*12:40-12:50 March In and National Anthem*

*12:50-1:30pm Competition*

*1:30-1:40 Handstand Contests*

*1:40 Awards*

**Session Three: Level Five(67)**

*Modified Traditional Format*

*1:45-2:15 Open Stretch*

*2:15-2:25 March In and National Anthem*

*2:25-6:15 Timed Warm-ups/Competition*

*6:15-6:25 Handstand Contests/Dance*

*6:25 Awards*

**Session Four: Level Six/Prep Opt.(33)**

*Modified Traditional Format*

*6:30-7:00 Open Stretch*

*7:00-7:10 March In and National Anthem*

*7:10-9:00 Timed Warm-ups/Competition*

*9:00-9:10 Handstand Contests/Dance*

*9:10 Awards*