

2010 CEREAL CITY CLASSIC
Hosted by Branch Gymnastics @ WMU

FRIDAY, JANUARY 22nd

GYM A - (Boys & TnT)	GYM B - (Girls)	GYM C - (Girls)
Session 1 - Level 7-10 Boys		Session 3 - Level 9-10 Girls
(Modified Traditional Format)		(Modified Capital Cup)
Check-in/General Stretch 4:30pm		Check-in/General Stretch 4:30pm
Coaches Meeting 4:45pm		Coaches Meeting 4:45pm
Timed Warm-up (1st Event) 5:00pm		Warm-up 1 st Event 5:00pm
March-in 5:15pm		March-in 5:24pm
Competition Begins 5:30pm		Compete 1 st Event 5:35pm
Awards 9:30pm		Awards 9:15pm

SATURDAY, JANUARY 23rd

GYM A - (Boys & TnT)	GYM B - (Girls)	GYM C - (Girls)
Session 4 - Level 4 Boys	Session 5 - Level 4 Girls	Session 6 - Level 8 Girls
(Modified Traditional Format)	(Modified Traditional Format)	(Modified Traditional Format)
Venue opens 7:30am	Venue opens 7:30am	Venue opens 7:30am
Check-in/General Stretch 8:00am	Check-in/General Stretch 8:00am	Check-in/General Stretch 8:00am
Coaches Meeting 8:15am	Coaches Meeting 8:15am	Coaches Meeting 8:15am
Timed Warm-up (1st Event) 8:30am	Timed Warm-up (1st Event) 8:30am	Timed Warm-up (1st Event) 8:30am
March-in 8:40am	March-in 8:50am	March-in 8:56am
Competition Begins 8:55am	Competition Begins 9:00am	Competition Begins 9:05am
Awards 11:30am	Awards 12:30pm	Awards 12:45pm
Session 7 - Level 5 Boys	Session 8 - Level 4 Girls	Session 9 - Level 7 Girls
(Modified Traditional Format)	(Modified Traditional Format)	(Modified Traditional Format)
Check-in/General Stretch 11:30am	Check-in/General Stretch 12:45pm	Check-in/General Stretch 1:00pm
Coaches Meeting 11:45am	Coaches Meeting 1:00pm	Coaches Meeting 1:15pm
Timed Warm-up (1st Event) 12:00pm	Timed Warm-up (1st Event) 1:15pm	Warm-up 1 st Event 1:30pm
March-in 12:12pm	March-in 1:34pm	March-in 1:44pm
Competition Begins 12:25pm	Competition Begins 1:45pm	Compete 1 st Event 1:55pm
Awards 3:45pm	Awards 5:15pm	Awards 4:15pm
Session 10 - Level 6 Boys	Session 11 - Level 6 Girls	Session 12 - Level 7 Girls
(Modified Traditional Format)	(Modified Traditional Format)	(Modified Traditional Format)
Check-in/General Stretch 4:00pm	Check-in/General Stretch 5:30pm	Check-in/General Stretch 4:30pm
Coaches Meeting 4:15pm	Coaches Meeting 5:45pm	Coaches Meeting 4:45pm
Timed Warm-up (1st Event) 4:30pm	Timed Warm-up (1st Event) 6:00pm	Warm-up 1 st Event 5:00pm
March-in 4:40pm	March-in 6:15pm	March-in 5:14pm
Competition Begins 4:55pm	Competition Begins 6:25pm	Compete 1 st Event 5:25pm
Awards 7:30pm	Awards 9:30pm	Awards 7:45pm

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SUNDAY, JANUARY 24th

GYM A - (Boys & TnT)	GYM B - (Girls)	GYM C - (Girls)
Session 13 - TnT	Session 14 - Level 5 Girls	Session 15 - Prep Op Bronze
	(Modified Traditional Format)	(Modified Traditional Format)
	Venue opens 7:30am	Venue opens 7:30am
	Check-in/General Stretch 8:00am	Check-in/General Stretch 8:00am
	Coaches Meeting 8:15am	Coaches Meeting 8:15am
	Timed Warm-up (1st Event) 8:30am	Timed Warm-up (1st Event) 8:30am
	March-in 8:47am	March-in 8:40am
	Competition Begins 9:00am	Competition Begins 8:50am
	Awards 12:15pm	Awards 11:00am
Session 16 - TnT	Session 17 - Level 5 Girls	Session 18 - Prep Op Silver
	(Modified Traditional Format)	(Modified Traditional Format)
	Check-in/General Stretch 12:15pm	Check-in/General Stretch 11:15am
	Coaches Meeting 12:30pm	Coaches Meeting 11:30pm
	Timed Warm-up (1st Event) 12:45pm	Warm-up 1 st Event 11:45pm
	March-in 1:01pm	March-in 11:59pm
	Competition Begins 1:10pm	Compete 1 st Event 12:10pm
	Awards 4:15pm	Awards 3:15pm
Session 19 - TnT	Session 20 - Level 5 Girls	Session 21 - Prep Op Gold/Platinm
	(Modified Traditional Format)	(Modified Traditional Format)
	Check-in/General Stretch 4:30pm	Check-in/General Stretch 3:30pm
	Coaches Meeting 4:45pm	Coaches Meeting 3:45pm
	Timed Warm-up (1st Event) 5:00pm	Warm-up 1 st Event 4:00pm
	March-in 5:16pm	March-in 4:15pm
	Competition Begins 5:25pm	Compete 1 st Event 4:25pm
	Awards 8:45pm	Awards 7:15pm