

2011
Atlantis Crown
Gymnastics Invitational

Grand Ballroom, Atlantis Resort
Paradise Island, Bahamas

Meet Schedule

GYM A – (GIRLS)

Competition Venue – Grand Ballroom, Atlantis Resort

SATURDAY, DECEMBER 17

SESSION 3: (GYM A) **Level 7/8 (Modified Capital Cup Format)**

7:45am	Check-in/General Stretch
8:00am	Coaches Meeting
8:30am	Timed Warm-up – Flight A (only)
8:50am	Line up/National Anthem
9:00am	Competition Begins - (Flight B – W.U.)
12:50pm	Awards

SESSION 4: (GYM A) **Level 9/10/Open (Modified Capital Cup Format)**

1:00pm	Check-in/General Stretch
1:10pm	Coaches Meeting
1:30pm	Timed Warm-up – Flight A (only)
1:44pm	Line-up/National Anthem
2:00pm	Competition Begins (Flight B – W.U.)
5:00pm	Awards

SESSION 5: (GYM A) **Level 9/10/Open (Modified Capital Cup Format)**

4:45pm	Check-in/General Stretch
5:00pm	Coaches Meeting
5:15pm	Timed Warm-up – Flight A (only)
5:40pm	Line-up/National Anthem
5:55pm	Competition Begins (Flight B – W.U.)
9:30pm	Awards

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Meet Schedule

GYM B - (BOYS)

Competition Venue - Grand Ballroom, Atlantis Resort

SATURDAY, DECEMBER 17

SESSION 6: (GYM B) Level 4/5/6 - BOYS (Modified Traditional Format)

11:00am	Check-in/General Stretch
11:10am	Coaches Meeting
11:30am	Timed Warm-up - Flight A (only)
11:42am	Line up/National Anthem
11:55am	Competition Begins - (Flight B - W.U.)
3:20pm	Awards

SESSION 7: (GYM B) Level 7/8/9/10 - BOYS (Modified Traditional)

4:00pm	Check-in/General Stretch
4:10pm	Coaches Meeting
4:30pm	Timed Warm-up - Flight A (only)
4:45pm	Line-up/National Anthem
4:55pm	Competition Begins (Flight B - W.U.)
8:35pm	Awards