

SCHEDULE

DISTRICT II- Level 4/6 District Championships

HOSTED BY: ACHIEVERS

LOCATION: PIONEER HALL - TWU CAMPUS

October 17-18, 2009

WARM-UP COMPETE FORMAT

Saturday, October 17

Session 1

All Level 4P's

Open stretch – 8:00-8:15 am
March In – 8:20 am
Warm up-Compete – 8:25 am
Awards – 11:35 am

Event	Team Name
Vault	The Rock; World of Gymnastics
Bars	Achievers; Empire
Beam	Corinth; Sokol Ft Worth; Zero Gravity
Floor	Sunbelt; Lone Star; Southlake

Session 2

Level 6P (JR A's, JR B's, and JR C's only- check age group spread sheet)

Open stretch – 12:20 – 12:35 pm
March In – 12:40 pm
Warm up-Compete – 12:45 pm
Awards – 3:50 pm

Event	Team Name
Vault	Ind. Sport Sol.; Southlake; Zero Gravity; Empire; Win Kids
Bars	Denton; Sunbelt; Gymnastics Plus
Beam	Excite; The Rock; Top Flight; Lucas; 10.0
Floor	TX Dreams; US Gold; Trevino's; TX Tumblers; Sokol Ft Worth; World of Gymnastics

Session 3

Level 6P (SR A's and SR B's- check age group spreadsheet) & Level 4A's from Flip Fusion, Palaestra, World of Gymnastics and Zero Gravity

Open stretch – 4:35 – 4:50 pm
March In – 4:55 pm
Warm up-Compete – 5:00 pm
Awards- 8:00 pm

Event	Team Name
Vault	Flip Fusion; TX Dreams; Gymnastics Plus; Corinth; Viper; Top Flight Ind. Sport Sol.
Bars	Palaestra; Lucas; Win Kids; Achievers; Excite; TX Tumblers; Sokol Ft Worth; Southlake
Beam	Zero Gravity; Trevino's
Floor	World of Gym; Sunbelt; the Rock; US Gold 10.0

Sunday, October 18

Session 4

Level 4A's from Achievers, Excite, Gymnastics Plus, Top Flight, Trevino's, Texas Dreams, and US Gold

Open stretch – 8:00 – 8:15 am
March In – 8:20 am
Warm up-Compete – 8:25 am
Awards – 11:25 am

Event	Team Name
Vault	Excite; Achievers (4)
Bars	US Gold; Top Flight
Beam	Gymnastics Plus; Achievers (3)
Floor	TX Dreams; Trevino's

Helpful Link to maps to TWU and Denton and other useful information:

Campus Location in Denton: http://www.twu.edu/map_denton_location.asp

Campus Map, Pioneer Hall (# 79 on map) http://www.twu.edu/map_denton_campus.asp

Holiday Inn & Suites – TWU corporate sponsor – www.holidayinn.com/dentontx
Contact – 940-383-4100 ask for TWU rate

Other Hotel links – Denton: <http://discoverdenton.travelhero.com/allprops.cfm?aid=661>

Restaurant suggestions – Denton: <http://www.discoverdenton.com/eat.shtml>

TWU Home page: www.twu.edu

TWU Athletics home page: www.twuathletics.com

TWU Gymnastics home page: <http://www.twu.edu/athletics/gym.htm>

TWU Attractions: <http://www.twu.edu/attractions.htm>

Local weather:

<http://www.weather.com/weather/local/76204?par=OAP&site=GENXV&code=null>