

2009 Level 5 State Championships

Hosted by Woodlands Gymnastics Academy

20100 Holzwarth, Suite B

Spring, Texas 77388

281-528-6050

Saturday, December 12, 2009

Session 1 ~ Senior B (20 athletes per age group Sr. B1, Sr. B2, Sr. B3)

7:45 am – 8:00 am Coaches Meeting

8:00 am- 8:30 am Stretch

8:30 am- 8:45 am March In

8:45 am- 11:45am Competition

Awards to Follow

Session 2 ~ Senior A (20 athletes per age group Sr. A1, Sr. A2, Sr. A3)

12:30 pm – 12:45pm Coaches Meeting

12:45 pm 1:15 pm Stretch

1:15 pm – 1:30 pm March In

1:30 pm – 4:30 pm Competition

Awards to Follow

Session 3 ~ Junior C (20 athletes per age group Jr. C1, Jr. C2, Jr. C3)

5:15 pm- 5:30 pm Coaches Meeting

5:30 pm- 6:00 pm Stretch

6:00 pm-6:15 pm March In

6:15 pm -9:15 pm Competition

Awards to Follow

Sunday, December 13, 2009

Session 4 ~ Junior B (20 athletes per age group Jr. B1, Jr. B2, Jr. B3)

7:45 am – 8:00 am Coaches Meeting

8:00 am - 8:30 am Stretch

8:30 am – 8:45 am March In

8:45 am- 11:45 am Competition

Awards to Follow

Session 5 ~ Junior A (20 athletes per age group Jr. A1, Jr. A2, Jr. A3)

12:30pm –12:45pm Coaches Meeting

12:45 pm -1:15 pm Stretch

1:15 pm – 1:30 pm March In

1:15 pm – 4:30 pm Competition

Awards to Follow