

# ROCK SOLID

## District 1 Qualifier



September 10, 2011

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Final Schedule

### SESSION 1

### LEVELS 3 & 4 ACHIEVEMENT (38 athletes)

|                     |             |
|---------------------|-------------|
| Open Stretch        | 8:00-8:20am |
| March-In            | 8:20-8:30am |
| Warm-Up/Competition | 8:30-9:45am |
| Awards              | 9:45am      |

### SESSION 2

### LEVEL 4 PLACEMENT (46 athletes)

|                     |               |
|---------------------|---------------|
| Open Stretch        | 10:45-11:05am |
| March-In            | 11:05-11:15am |
| Warm-Up/Competition | 11:15-1:00pm  |
| Awards              | 1:00pm        |

### SESSION 3

### LEVEL 5 (53 athletes)

|                     |             |
|---------------------|-------------|
| Open Stretch        | 1:45-2:15pm |
| March-In            | 2:15-2:30pm |
| Warm-Up/Competition | 2:30-5:05pm |
| Awards              | 5:05        |

### SESSION 4

### LEVEL 6 (38 athletes)

|                     |             |
|---------------------|-------------|
| Open Stretch        | 5:50-6:20pm |
| March-In            | 6:20-6:35   |
| Warm-Up/Competition | 6:35-8:20   |
| Awards              | 8:20        |