

2011 District 5 Qualifier

Hosted by Rowland Ballard Gymnastics Atascocita

19505 W. Lake Houston Pkwy

Atascocita, Texas 77346

(IMPORTANT INFO...see map below)

281-812-7835

Friday, September 23, 2011

Session 1 ~ Level 2/3

Modified Capital Cup

6:15pm – 6:30pm Coaches Meeting/Stretch
6:30pm – 6:45pm March In
6:45pm – 8:05pm Competition - Awards to Follow

Level 2/3 Teams Competing: Juergen's & Rowland/Ballard ONLY

Saturday, September 24, 2011

Session 2 ~ Level 6 A/P - ALL

Continuous Capital Cup

7:45am- 8:00am	Coaches Meeting	SR B) 4/5/1996 –10/1/1998
8:00am – 8:20am	Stretch	SRA) 10/2/1998–11/16/1999
8:20am– 8:30am	1 st Flight Warm-up	JR C) 11/17/99 –6/20/2000
8:30am- 8:40am	March In	JR B) 6/21/2000 --1/7/2001
8:40am- 11:00am	Competition - Awards to Follow	JR A) 1/8/2001 –9/25/2003

Session 3 ~ Level 5P Sr. A, Sr. B & All Level 5 Achievement

Continuous Capital Cup

12:15pm – 12:30pm	Coaches Meeting	SR A) 3/18/2000- 4/17/2001
12:30pm- 12:50pm	Stretch	SR B) 7/29/97 – 3/17/2000
12:50pm– 1:00pm	1 st Flight Warm-up	
1:00pm – 1:10pm	March In	
1:15pm – 3:20pm	Competition – Awards to follow	

Session 4 ~Level 5P Jr A / Jr B / Jr C

Continuous Capital Cup

4:30pm – 4:45pm	Coaches	JR A) 11/19/2002-9/25/2004
4:45pm – 5:05pm	Stretch & Bar Settings	JR B) 3/11/2002-11/18/2002
5:05pm – 5:15pm	1 st Flight Warm-up	JR C) 4/18/2001- 3/10/2002
5:15pm – 5:25pm	March In	
5:25pm - 7:50pm	Competition - Awards to Follow	

Sunday, September 25, 2011

Session 5 ~Level 4P Sr A, Sr. B & ALL Level 4 Achievement

Continuous Capital Cup

7:45am - 8:00am	Coaches Meeting	
8:00am - 8:20am	Stretch	SR A) 10/5/2000-11/18/2001
8:20am - 8:30am	1 st Flight Warm up	SR B) 12/16/97 - 10/4/2000
8:30am- 8:40am	March In	
8:40am - 11:00am	Competition - Awards to Follow	

Session 6 ~Level 4P - Jr. A / Jr B / Jr C

Continuous Capital Cup

12:00pm - 12:15pm	Coaches Meeting	JR A) 10/6/2003 - 9/25/05
12:15pm - 12:15pm	Stretch	JR B) 1/12/2003 - 10/5/2003
12:15pm - 12:25pm	1 st Flight Warm up	JR C) 11/19/2001-1/11/2003
12:25pm- 12:35pm	March In	
12:40pm - 3:00pm	Competition - Awards to Follow	

Session 7 ~All Level 2/3 (who did not compete Friday)

Modified Capital Cup

4:00pm - 4:15pm	Coaches Meeting	
4:15pm - 4:30pm	Stretch	
4:30pm - 4:45pm	March in	
4:45pm - 6:00pm	Competition - Awards to Follow	

**THERE IS NO PHYSICAL ENTRANCE TO THE GYM FROM W. LAKE HOUSTON PARKWAY
ENTER OFF FM 1960 @ ATASCOCITA RD.
(SEE MAP BELOW)**

