

# **Tulip City 2010 Meet Schedule**

**Saturday, January 30, 2010**

## **Session A**

8:00 AM FUN MEET Traditional Format

Open Stretch 8:00am

Timed Warm up 8:30am

Intros 9:20

Compete 9:25-10:35

Awards to follow

## **Session B**

Level 4 and Level 6 Capital Cup Format Level 4(41) Level 6(35)

10:45am Open Stretch

11:10am Intro

11:15am Squad A Warms up

11:30am Squad A competes

1:35pm Finish with awards to follow

## **Session C**

Level 5 Capital Cup Format (67)

1:45 stretch

2:15 Intro

2:20 Squad A warms up

2:35 Squad A competes

4:50PM Finish with awards to follow

## **Session D**

Prep Opt Bronze and Silver Capital Cup Format (31)

5:00 Stretch

5:30 intro

5:35 Squad A warms up

5:50 Squad A competes

7:15PM Finish and awards to follow

# **Tulip City 2010 Meet Schedule**

**Sunday, January 31, 2010**

## **Session E**

Level 7 Capital Cup Format (48)

9:00am stretch

9:30 Squad A Warms up

9:50 Squad A competes

11:50am Finish with awards to follow

## **Session F**

8, 9, 10 Capital Cup Format( 46)

12:00 noon Stretch

12:25 Intros

12:30 Squad A warms up

12:50 Squad A Competes

3:15PM Finish with awards to follow

## **Session G**

Prep Opt Gold and Platinum Capital Cup Format (52)

3:45pm Stretch

4:15pm Intro

4:20pm Squad A Warms up

4:40pm Squad A Competes and Squad B warms up

7:00PM Finish with awards to follow

Any questions or changes should be sent to

[champgymusa@mac.com](mailto:champgymusa@mac.com)

Thank you!!!