



Meet times

Saturday, April 18th, 2009

Green & Yellow meets start at the same time for each session. End times may vary.

AM session	Level 6
8:15am	general stretch and bar sets
8:45am	march in and opening ceremonies
9:15am	warm-up/competition begins
Noon	estimated end time
Midday session	Level 8 & 9
12:30pm	general stretch and bar sets
1:00 pm	march in and opening ceremonies
1:30pm	warm-up/competition begins
4:50pm	estimated end time
PM session	Level 7
5:00pm	general stretch and bar sets
5:35pm	march in and opening ceremonies
6:05pm	warm-up/competition begins
8:50pm	estimated end time

Sunday, April 19th, 2009

Green & Yellow meets start at the same time for each session. End times may vary.

AM session	Level 5 cadets & srs.
8:00am	general stretch and bar sets
8:30am	march in and opening ceremonies
9:00am	warm-up/competition begins
11:15am	estimated end time
Midday session	Level 5 preps & jrs.
11:45am	general stretch and bar sets
12:15pm	march in and opening ceremonies
12:45pm	warm-up/competition begins
4:15pm	estimated end time

Awards will follow each session in the cafeteria area. The first panel to finish will have their awards first followed by the other panel. Award times will be announced and posted in the cafeteria area. Gymnasts should stay for team awards. Age group awards will be at the end of each award session and overall team awards will be at the end of the 2nd award session of each meet session.