

LUAU IN LEOTARDS
OCTOBER 26, 2008
CAMBRIDGE YMCA
LEVELS 4 – 8

SESSION 1: LEVELS 5 – 8

STRETCHING 8:00
COACHES MEETING 8:15
WARM-UPS 8:20 – 9:40
LINE-UP 9:45
MARCH-IN 9:50
MEET 10:00
1) PICKAWAY COUNTY (ALL)
2) LANCASTER (5'S)
3) Lancaster (6'S, P.O'S, 'S, 8'S)
4) CAMBRIDGE (ALL)

SESSION 2: LEVEL 4

STRETCHING 12:15
COACHES MEETING 12:30
WARM-UPS 12:40 – 1:20
LINE-UP 1:25
MARCH-IN 1:30
MEET 1:40

GROUPS:

- 1) LANCASTER
- 2) PICKAWAY COUNTY
- 3) CAMBRIDGE (A)
- 4) CAMBRIDGE (B)

SESSION TWO TIMES ARE ONLY APPROXIMATE TIMES.

ALL GYMNASTS WILL RECEIVE A LEI TO WEAR FOR MARCH-IN.