



# FLIPPING AROUND THE CHRISTMAS TREE

DECEMBER 13, 2008

LANCASTER YMCA

465 W. 6<sup>TH</sup> AVE



## SESSION 1 -

### LEVEL - 4 & 6

- GYM OPEN / STRETCH - 8:00
- TIMED WARM-UPS - 8:30
- MARCH-IN - 9:55
- COMPETITION - 10:10
- AWARDS IMMEDIATELY  
FOLLOWING

TRADITIONAL FORMAT

## SESSION 2 -

### LEVEL - 5 / PO / 7-8

- GYM OPEN / STRETCH - 1:00
- TIMED WARM-UPS - 1:30
- MARCH-IN - 1:45
- COMPETITION - 2:00
- AWARDS IMMEDIATELY  
FOLLOWING

CAPITAL CUP FORMAT

SESSION TWO WILL IMMEDIATELY FOLLOW SESSION ONE

### SESSION ONE -

GROUP 1 - LANCASTER 4'S

GROUP 2 - CAMBRIDGE 4'S

GROUP 3 - MT. VERNON 4'S

GROUP 4 - ALL LEVEL 6'S

### SESSION TWO -

GROUP 1 - CAMBRIDGE

GROUP 2 - MT. VERNON

GROUP 3 - LANCASTER 5'S

GROUP 4 - LANCASTER OPTIONALS

### SESSION ONE

A - WARM-UP - BARS / BEAM / FLOOR / VAULT

COMPETE - VAULT / BARS / BEAM / FLOOR

B - WARM-UP - BEAM / FLOOR / VAULT / BARS

COMPETE - BARS / BEAM / FLOOR / VAULT

C - WARM-UP - FLOOR / VAULT / BARS / BEAM

COMPETE - BEAM / FLOOR / VAULT / BARS

D - WARM-UP - VAULT / BARS / BEAM / FLOOR

COMPETE - FLOOR / VAULT / BARS / BEAM

### SESSION TWO

WARM-UP / COMPETE SAME EVENT