

**Rollin' in Red 2009**  
**February 7, 2009**

Pickaway County (ALL) hosts Mt. Vernon (L3), Lancaster (L4-5), Ross (ALL)

**SESSION 1**  
**Levels 5-8, Prep Op**  
**Modified Capital Cup Format**

8:00 AM	Gym Opens for general stretching
8:15 AM	Coaches' Meeting
8:35 AM	Warm Up First Event
9:00 AM	March In
9:15 AM	Competition Begins

**SESSION 2**  
**Levels 3, 4**  
**Modified Capital Cup Format**

12:00 Noon	Gym Opens for general stretching
12:15 PM	Coaches' Meeting
12:35 PM	Warm Up First Event
1:00 PM	March In
1:15 PM	Competition Begins