

**December 1, 2007  
Lancaster YMCA  
465 West 6<sup>th</sup> Ave**

**1<sup>st</sup> Session – Level 4**

8:00 – Open Stretch  
8:15 – Coach’s Meeting  
8:30 – Timed Warm-ups  
          (15 min rotations)  
9:30 – March-in  
9:45 – Competition

Awards to immediately follow.

**2<sup>nd</sup> Session – Level 5-9**

11:30 – Open Stretch  
11:45 – Coach’s Meeting  
11:30 – 1<sup>st</sup> Rotation Warm-up  
11:50 – March-in  
12:05 – Competition

Capital Cup Format for 2<sup>nd</sup> Session.  
Awards to immediately follow.

We will not have a spring floor for this meet.