

January 13, 2008

Lancaster YMCA Gymnastics Team

1st Session – Level 4 & 6

9:00 – Open Stretch
9:15 – Coach’s Meeting
9:30 – Timed Warm-ups
(15 min rotations)
10:30 – March-in
10:45 – Competition

Awards to immediately follow

2nd Session – Level 5 & 7-9

12:45 – Open Stretch
1:00 – Coach’s Meeting
1:15 – 1st Rotation Warm-up
1:35 – March-in
1:50 – Competition

2nd Session – Capital Cup
Awards to immediately follow.

Meet will be on Sunday, January 13, 2008. It will be held at Hocking Valley Gymnastics Center – located at 810 Slocum Street – map below.

