



Lancaster YMCA
March 15, 2008

Session One – Level 4's

8:00 – Open Stretch
8:15 – Coach's Meeting
8:30 – Timed Warm-ups
10:00 – March-in
10:15 – Competition

Awards to immediately follow

Squad 1 – Mt. Vernon (14) – 14
Squad 2 – Pickaway (11) / Cambridge (8) – 19
Squad 3 – Licking (13) / Ross (5) – 18
Squad 4 – Lancaster (18) – 18

Session Two – Level 3's

12:45 – Open Stretch
1:00 – Coach's Meeting
1:15 – Time Warm-ups
2:00 – March-in
2:10 – Competition

Awards to immediately follow

Squad 1 – Cambridge – 10
Squad 2 – Pickaway – 8
Squad 3 – Mt. Vernon – 9
Squad 4 – Mt. Vernon - 9