

Ross County YMCA Gymnastics Meet



Come and Shine

Saturday, January 26, 2008

Matthew 5:16 (CEV)

"Make your light shine, so that others will see the good that you do and will praise your father in heaven."

One Session

Levels 4-9 Modified Capital Cup

- 8:00** Gym opens for warm-up and stretching
- 8:20** Coaches Meeting
- 8:40** Timed warm-up on first event
- 9:15** March In
- 9:30** Competition begins