

2009 San Diego Rhythmic Invitational
Saturday and Sunday January 10 and 11
Event Schedule for Saturday

Please be prepared for the schedule advances and delays.
Each session will start as soon as the previous session is over.
Each gymnast must turn in her music CDs at registration

<u>Session 1</u>	7:00	Registration and Warm up Level 5 Group A(19)	
7:15		Coaches meeting, Judges meeting	
7:55 – 8:00		Timed warm up (7:55-BAG, CAR, CLU, 7:57-ELR, EUR, GRR, SDR)	
8:00 – 9:10 (1h10m)		<u>Competition Level 5A - Floor, Rope</u>	
<u>Session 2</u>	8:00	Registration and Warm up Level 5 Group B (19)	
9:10 – 9:15		Timed warm up (9:10 – BRS, GOLD, MON, RAM, RWE, 9:12–HAG, SAD)	
9:15– 10:25(1h10m)		<u>Competition Level 5B – Floor, Rope</u>	
<u>Session 3</u>	9:00	Registration Level 4 (29)	Warm up starts at 9:30
10:25 – 10:30		Timed warm up (10:25 GOLD,,BAG,CAR,EUR,SAD 10:27 GRR,ORG,RWE,SDR)	
10:30 – 11:50(1h20m)		<u>Competition L4 - Floor, Hoop, Ball</u>	
<u>Session 4</u>	10:30	Registration L 9 - Jr(16)	Warm up starts at 11:00
11:50 – 12:00		Timed warm up	
11:50		Bendersky, Cruz, Feldman, Fujita, Gon-Gibbs	
11:53		Johnson, Khechumyan, Kuznetsova, Mckown, Mezheritsky	
11:56		Onishi, Peterson, Sasaki, Scarnechia, Seilnacht, Trapp	
12:00–1:10(1h10m)		<u>Competition L9Jr - Rope, Hoop</u>	
<u>Session 5</u>	11:30	Registration L 9 SR/10 (13)	Warm up starts at 12:00
1:10 – 1:20		Timed warm	
1:10		Chillingworth, Gaghinjian, Kincaid, Kravets	
1:13		Lalor, Lidow, Minevich, Marmer	
1:16		Protto, Recinto, Rodli, Scarnechia, Togashi	
1:20 – 2:20(1h)		<u>Competition L9Sr/10 Jr/Sr – Rope, Hoop</u>	
2:20 – 3:00 (40m)		Judges lunch break, Opening Ceremony, Awards L4, L5, L9 & L10	
<u>Session 6</u>	1:30	Registration Level 7A (17)	Warm up starts at 2:00
3:00 –3:05		Timed warm up L7A (3:00 - BAA, BRS, CAR 3:02 – CYC, EUR, GRR, ORG,S DR)	
3:05 – 4:15 (1h10m)		<u>Competition Level 7A - Floor, Rope</u>	
<u>Session 7</u>	3:00	Registration Level 7B (17)	Warm up starts at 3:00
4:15 – 4:20		Timed warm up L7A (4:15 - LAL ,MON, RAM, SAG 4:17 – SAD,SOC,TWS)	
4:20 – 5:30(1h10m)		<u>Competition L7 B - Floor, Rope</u>	
6:30		Level 7 Awards in Aerobics Room	
<u>Session 8</u>	4:00	Registration Level 6 Group A (19)	Warm up starts at 4:30
5:30– 5:35		Timed warm up L6 Group A (5:30 - BAG, BRS,CAR,CLU 5:32– ERG,EUR,SDR)	
5:35 – 6:45 (1h10m)		<u>Competition L6 Group A – Floor, Hoop</u>	
<u>Session 9</u>	5:00	Registration Level 6 Group B (18)	Warm up starts at 5:50
6:45 – 6:50		Timed warm up L6B (6:45 – GRR, LAL, MON, RWE 6:47– ORG, RAM, SDA, SOC)	
6:50 –7:55(1h5m)		<u>Competition Level 6 Group B – Floor, Hoop</u>	
8:30		Level 6 Awards in Aerobics Room	
<u>Session 10</u>	6:30	Registration Level 8 (18)	Warm up starts at 7:00
7:55 – 8:00		Timed warm up L 8 (7:55 – CAR, CYC, GRR, HAG , RWE 7:57 – LAL,MON,SAG,SOC)	
8:00 – 9:20 (1h20m)		<u>Competition Level 8 – Floor, Rope</u>	
9:20		Awards Level 8	9:40 – End of the first day

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<u>Session 1</u>	7:00	Registration and Warm up Level 5 Group B (19)	
7:15		Coaches meeting, Judges meeting	
7:55 – 8:00		Timed warm up L 5B (7:55- BRS, GOLD, MON, RAM, RWE 7:57- HAG, SAD)	
8:00 – 9:10 (1h10m)		Competition Level 5B - Hoop, Ball	
<u>Session 2</u>	8:00	Registration and Warm up Level 5 Group A (19)	
9:10 – 9:15		Timed warm up L 5A (9:10 - BAG, CAR, CLU 9:12 - ELR, EUR, GRR, SDR)	
9:15– 10:25 (1h10m)		Competition Level 5A – Hoop, Ball	
<u>Session 3</u>	9:00	Registration Level 3 (11)	Warm up starts at 9:30
10:25 – 10:30		Timed warm up L3	
10:30 – 11:00 (30m)		Competition L3 - Floor, Rope, Ball	
<u>Session 4</u>	9:30	Registration L 9 - Jr(16)	Warm up starts at 10:00
11:00 – 11:10		Timed warm up	
11:00		Bendersky, Cruz, Feldman, Fujita, Gon-Gibbs	
11:03		Johnson, Khechumyan, Kuznetsova, Mckown, Mezheritsky	
11:06		Onishi, Peterson, Sasaki, Scarnechia, Seilnacht, Trapp	
11:10–12:20(1h10m)		Competition 9Jr - Ball, Clubs	
<u>Session 5</u>	10:30	Registration Level 9Sr/10 (13)	Warm up starts at 11:00
12:20 – 12:30		Timed warm	
12:20		Chillingworth, Gaghinjian, Kincaid, Kravets	
12:23		Lalor, Lidow, Minevich, Marmer	
12:26		Protto, Recinto, Rodli, Scarnechia, Togashi	
12:30 – 1:30(1h)		Competition 9Sr/10 Jr/Sr– Ball, Clubs/Ribbon	
1:30 – 2:10 (40m)		Judges lunch break, Awards L3, L5, L9 & L10	
<u>Session 6</u>	12:30	Registration Level 7B (17)	Warm up starts at 1:00
2:10 – 2:15		Timed warm up Level 7B (2:10 - LAL, MON, RAM, SAG 2:12 – SAD, SOC, TWS)	
2:15 – 3:25 (1h10m)		Competition Level 7B - Ball, Clubs	
<u>Session 7</u>	2:00	Registration L7A (17)	Warm up starts at 2:30
3:25 – 3:30		Timed warm up L 7A (3:25 - BAA, BRS, CAR 3:27 – CYC, EUR, GRR, ORG, S DR)	
3:30 – 4:40(1h10m)		Competition L7 A - Ball, Clubs	
5:30		Level 7 Awards in Aerobics room	
<u>Session 8</u>	3:00	Registration Level 6 Group B (18)	Warm up starts at 3:45
4:40– 4:45		Timed warm up L6B (4:40 - GRR, LAL, MON, RWE 4:45 – ORG, RAM, SDA, SOC)	
4:45 – 5:50 (1h5m)		Competition L6 Group B – Ball, Clubs	
<u>Session 9</u>	4:00	Registration Level 6 Group A (19)	Warm up starts at 4:45
5:50 – 5:55		Timed warm up L6A (5:50 – BAG, BRS, CAR, CLU 5:52– ERG, EUR, SDR)	
5:55 – 7:05 (1h10m)		Competition Level 6 Group A – Ball, Clubs	
8:00		Level 6 Awards in Aerobics room	
<u>Session 10</u>	5:30	Registration Level 8 (18)	Warm up starts at 6:00
7:05 – 7:10		Timed warm up L8 (7:05 - CAR, CYC, GRR, HAG, RWE 7:07 – LAL, MON, SAG, SOC)	
7:10 – 8:25 (1h15m)		Competition Level 8 – Ball, Ribbon	
8:25		Awards Level 8	8:45 End of the event