

2010 San Diego Invitational
Saturday and Sunday January 9 and 10

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 6 Group A (17)
7:55 – 8:00		Timed warm up
<u>8:00 – 9:00 (1h)</u>		<u>Competition Level 6A - Floor, Rope</u>
<u>Session 2</u>	8:00	Registration and Warm up Level 6 Group B (14)
9:00 – 9:05		Timed warm up
<u>9:05 – 9:55(50m)</u>		<u>Competition Level 6B – Floor, Rope</u>
<u>Session 3</u>	9:00	Registration and Warm up Level 4 Group A (26)
9:55 – 10:00		Timed warm up
<u>10:00 – 11:05(1h5m)</u>		<u>Competition L4 Group A - Floor, Rope, Ball</u>
<u>Session 4</u>	10:00	Registration and Warm up Level 4 Group B (19)
11:05 – 11:10		Timed warm up
<u>11:10 – 12:00(50m)</u>		<u>Competition L4 Group B - Floor, Rope, Ball</u>
<u>12:00 – 12:30 (30m)</u>		Judges' lunch break, Opening Ceremony, Awards L4, L6
<u>Session 5</u>	11:00	Registration and Warm up L 9/10 SR – (15)
12:30 – 12:33		Timed warm up (Anderson,Guzhansky,Casillas,Minevich, Chillingworth)
12:33 – 12:36, 12:36 – 12:39		(Skach,Chaney,Ho,McKown,Srisamart) (Radchenko, Recinto, Mo, Kravets, Chumakova)
<u>12:40 – 1:55(1h15m)</u>		<u>Competition L9/10 JR – Rope, Hoop</u>
<u>Session 6</u>	12:00	Registration and Warm up L 9/10 JR (9)
1:55 – 2: 05		Timed warm (Budjinas,Kincaid,Mezheritsky,Cruz,Gulak Rodli,Feldman, Cheng,Buckley)
<u>2:05 – 2:50(45m)</u>		<u>Competition L9/10 JR – Rope, Hoop</u>
<u>Session 7</u>	2:00	Registration and Warm up Level 5 Group A (17)
2:50 – 2:55		Timed warm up L5A
<u>2:55 – 3:50(55m)</u>		<u>Competition Level 5A - Floor, Rope</u>
<u>Session 8</u>	3:00	Registration and Warm up Level 5 Group B (16)
3:50 – 3:55		Timed warm up L5A
<u>3:55 – 4:50(55m)</u>		<u>Competition L5 B - Floor, Rope</u>
<u>4:50 - 5: 10 (20m)</u>		Judges Break and Level 5 and 9/10 Awards
<u>Session 9</u>	4:00	Registration and Warm up Level 7 Group A (14)
5:10 – 5:15		Timed warm up L7 Group A
<u>5:15 – 6:15 (1h)</u>		<u>Competition L7 Group A – Floor, Rope</u>
<u>Session 10</u>	5:00	Registration Level 7 Group B (12)
6:15 – 6:20		Timed warm up L7B
<u>6:20 – 7:20(1h)</u>		<u>Competition Level 7 Group B – Floor, Rope</u>
7:30		Level 7 Awards in Aerobics Room
<u>Session 11</u>	6:00	Registration and Warm up Level 8 Group A (14)
7:20 – 7:25		Timed warm up L 8A
<u>7:25 – 8:25(1h)</u>		<u>Competition Level 8 Group A – Floor, Hoop</u>
<u>Session 12</u>	7:00	Registration and Warm up Level 8 Group B (17)
8:25 – 8:30		Timed warm up L 8B
<u>8:30 – 9:30(1h)</u>		<u>Competition Level 8 Group B – Floor, Hoop</u>
9:40		Awards Level 8. End of the first day

2010 San Diego Invitational
 Saturday and Sunday January 9 and 10
Event Schedule for Sunday

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 6 Group B (14)
7:55 – 8:00		Timed warm up
<u>8:00 – 8:50 (50m)</u>		Competition Level 6B - Ball, Ribbon
<u>Session 2</u>	8:00	Registration and Warm up Level 6 Group A (17)
8:50 – 8:55		Timed warm up
<u>8:55 – 9:55(1h)</u>		Competition Level 6A – Ball, Ribbon
<u>Session 3</u>	9:00	Registration and Warm up Level 3 (17)
9:55 – 10:00		Timed warm up
<u>10:00 – 10:45(45m)</u>		Competition L3 - Floor, Rope, Ball
<u>Session 4</u>	10:00	Registration and Warm up Groups (3)
10:45 – 11:00		Timed warm up
<u>11:00 – 11:30(30m)</u>		Competition Groups
11:30 – 12:00 (30m)		Judges' lunch break, Awards L3, L6, Groups
<u>Session 5</u>	10:30	Registration and Warm up L 9/10 JR – (9)
12:00 – 12:10		Timed warm up (Budjinas, Kincaid, Mezheritsky, Cruz, Gulak Rodli, Feldman, Cheng, Buckley)
<u>12:10 – 12:55(45m)</u>		Competition L9/10 SR – Ball, Clubs
<u>Session 6</u>	12:00	Registration and Warm up L 9/10 SR (15)
12:55 – 12: 58		Timed warm (Anderson, Guzhansky, Casillas, Minevich, Chillingworth)
12:58 – 1:01, 1:01 – 1:04		(Skach, Chaney, Ho, McKown, Srisamart) (Radchenko, Recinto, Mo, Kravets, Chumakova)
<u>1:05 – 2:20(1h15m)</u>		Competition L9/10 SR – Ball, Ribbon
<u>Session 7</u>	1:00	Registration and Warm up Level 5 Group B (16)
2:20 – 2:25		Timed warm up L5B
<u>2:25 – 3:25(1h)</u>		Competition Level 5B - Hoop, Ball
<u>Session 8</u>	2:00	Registration and Warm up Level 5 Group A (17)
3:25 – 3:30		Timed warm up L5A
<u>3:30 – 4:30(1h)</u>		Competition L5 A - Hoop, Ball
4:30 - 4: 50 (20m)		Judges Break and Level 5 and 10 Awards
<u>Session 9</u>	3:30	Registration Level 7 Group B (12)
4:50 – 4:55		Timed warm up L7 Group B
<u>4:55 – 5:55 (1h)</u>		Competition L7 Group B – Hoop, Ribbon
<u>Session 10</u>	4:30	Registration Level 7 Group A (14)
5:55 – 6:00		Timed warm up L7A
<u>6:00 – 7:00(1h)</u>		Competition Level 7 Group A – Hoop, Ribbon
7:30		Level 7 Awards in Aerobics Room
<u>Session 11</u>	5:30	Registration Level 8 Group B (17)
7:00 – 7:05		Timed warm up L 8B
<u>7:05 – 8:05(1h)</u>		Competition Level 8 Group B – Ball, Ribbon
<u>Session 12</u>	6:30	Registration Level 8 Group A (14)
8:05 – 8:10		Timed warm up L 8A
<u>8:10 – 9:10(1h)</u>		Competition Level 8 Group A – Ball, Ribbon
9:20		Awards Level 8. End of the event