

**REDWOOD EMPIRE GYMNASTICS INVITATIONAL &
TEAM COMPETITION 2/28/10
SCHEDULE**

A Gym (Competition L5/6/7/8 & Group)

7:30am Gym Opens L5A

Session 1 - Level 5 Group A (14) RWR, DIA

8:20-8:30 Timed warmup

8:30-10:20 L5A competition

Session 2 - Level 5 Group B (13) GOLD, TWS

10:20-10:30 Timed warmup

10:30-12:15 L5B competition

12:15-12:45 **Opening Ceremonies all levels, Judges' lunch**

Session 3 - Level 5 Group C (12) CLU, CYC, REG, NIN

12:45-12:55 Timed warmup

1:00-2:30 L5C competition

Session 4 - Intermediate Group (2)

2:30-2:40 Timed warmup Group

2:40-3:00 Group competition

3:00pm Awards L5 & Group (B Gym)

Session 5 - Level 6 (19)

3:00-3:10 Timed warmup L6

3:10-5:45 L6 competition

5:45-6:05 Judges Dinner Break

6:00pm Awards L6 (B Gym)

Session 5 - Level 7/8 (20)

5:50-6:00 Timed warmup L7/8

6:05-8:45 L7/8 competition

8:45pm Awards L7 & L8

**REDWOOD EMPIRE GYMNASTICS INVITATIONAL &
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SCHEDULE**

C Gym (Level 3 & Level 4 Competition)

7:30am Gym opens L3

**Session 1 - Level 3 (13) Gymnasts go 2 at a time. All do floor, then
gymnasts alternate rope & ball.**

8:20-8:30 Timed warmup L3

8:30-9:15 Competition L3

9:20-9:35 Awards L3 (on competition floor)

**Session 2 - Level 4 (25) Gymnasts go 2 at a time. All do floor, then
gymnasts alternate rope & ball.**

9:40-9:55 Timed warmup L4

9:55-11:25 Competition L4

11:30-11:55 Awards L4 (on competition floor)

B Gym Awards Schedule

3:00 Level 5 & Group

6:00 Level 6