



Sacramento Invitational 2020 Schedule

Gym address: Pleasant Grove High School
9531 Bond Rd, Elk Grove, CA 95624

Saturday January 25th

Notes, Athletes should be ready to compete 15 min prior to scheduled time.

Start Time	End time	Event	Club
8:30 AM		Gym Open	
<i>9:20 AM</i>	<i>9:30 AM</i>	<i>Timed warm up Xcel A</i>	
9:30 AM	10:10 AM	Xcel A Group A	BVO
10:15 AM	11:00 AM	Xcel A Group B	DIA,TOR,BUL,NIN
11:00 AM	11:20 AM	<i>Awards Xcel A</i>	
<i>11:20 AM</i>	<i>11:30 AM</i>	<i>Timed warm up Xcel B,C</i>	
11:30 AM	1:00 PM	Xcel B	
12:30 AM	1:45 PM	Xcel C	
<i>1:45 PM</i>	<i>2:00 PM</i>	<i>Timed warmup Group (3)</i>	
2:00 PM	2:30 PM	Group competition	
2:30 PM	2:50 PM	<i>Awards Xcel B,C and Group</i>	
<i>2:50 PM</i>	<i>3:00 PM</i>	<i>Timed warmup Level 5 Group A (14)</i>	
3:00 PM	3:55 PM	Level 5 Floor/Rope Group A	BUL,LLM,BVO,DIA
<i>3:55 PM</i>	<i>4:00 PM</i>	<i>Timed warmup Level 5 Group B (13)</i>	
4:00 PM	4:55 PM	Level 5 Floor/Rope Group B	RGA,TOR,LRGA,RAM
<i>4:55 PM</i>	<i>5:00 PM</i>	<i>Timed warm up Level 6 Group A (14)</i>	
5:00 PM	5:55 PM	Level 6 Floor/Rope Group A	NIN,RAM,LRGA,LLM, BUL,DIA
<i>5:55 PM</i>	<i>6:00 PM</i>	<i>Timed warm up Level 6 Group B (16)</i>	
6:00 PM	7:00 PM	Level 6 Floor/Rope Group B	TOR,BVO,RGA
<i>7:00 PM</i>	<i>7:10 PM</i>	<i>Tmed warm up Level 7/8 (13)</i>	
7:10 PM	8:00 PM	Level 7 Floor/Hoop and Level 8 Floor/Ball	
<i>8:00 PM</i>	<i>8:10 PM</i>	<i>Timed warm up Level 9 (4)</i>	
8:10 PM	8:50 PM	Level 9 Rope,Ball	



Sunday January 26th

Start Time	End Time	Event	Club
8:00 AM		Gym Open	
<i>8:45 AM</i>	<i>9:00 AM</i>	<i>Timed warm up Level 3 and 4 (all groups)</i>	
9:00 AM	10:30 AM	Level 3 and 4 Group A	LRGA,DIA,RGA
9:50 AM	11:30 AM	Level 4 Group B	BVO,BUL,LLM,GLO,NIN,TOR
<i>11:30 PM</i>	<i>11:35 PM</i>	<i>Timed warmup level 9 (4)</i>	
11:35 PM	12:10 PM	Level 9 Clubs, Ribbon	
12:10 PM	12:30 PM	<i>Awards Level 4,3 and 9</i>	
<i>12:30 PM</i>	<i>12:35 PM</i>	<i>Timed warmup Level 5 Group B (13)</i>	
12:40 PM	1:35 PM	Level 5 Hoop/Clubs Group B	RGA, TOR ,LRGA, RAM
<i>1:35 PM</i>	<i>1:40 PM</i>	<i>Timed warmup Level 5 Group A (14)</i>	
1:40 PM	2:40 PM	Level 5 Hoop/Clubs Group A	BUL, LLM, BVO, DIA
<i>2:40 PM</i>	<i>2:45 PM</i>	<i>Timed warm up Level 6 Group B (16)</i>	
2:45 PM	4:00 PM	Level 6 Ball/Ribbon Group B	TOR,BVO,RGA
4:00 PM	4:20 PM	<i>Awards Level 5</i>	
<i>4:25 PM</i>	<i>4:30 PM</i>	<i>Timed warm up Level 6 Group A (14)</i>	
4:30 PM	5:30 PM	Level 6 Ball/Ribbon Group A	NIN,RAM,LRGA,LLM, BUL,DIA
<i>5:30 PM</i>	<i>5:40 PM</i>	<i>Timed warm up Level 7/8</i>	
5:40 PM	6:35 PM	Level 7 Ball/Clubs and Level 8 Ball/Ribbon	
6:40 PM	7:00 PM	<i>Awards Level 6,7,8</i>	
7:00 PM		<i>End of competition</i>	