



Competition Schedule

Women's Schedule

Men's Schedule

Friday, January 30, 2009 (Modified Capital Format)

Saturday, January 31, 2009 (Traditional Format)

Session 1	Level 1/2/3	95 Gymnasts	Session 1	Level 4	81 Gymnasts
	Stretch	12:00-12:15		Stretch	9:15-9:30
	Warmup 1 st Event	12:15-12:25		March In	9:30-9:45
	March In	12:25-12:35		Warmup	9:45-11:00
	Competition	12:35-2:30		Competition	11:00-1:00
Session 2	Prep Bronze/Silver	90 Gymnasts	Session 2	Level 5/6	70 Gymnasts
	Stretch	2:30-2:50		Stretch	1:30-2:00
	Warmup 1 st Event	2:50-3:05		Warmup	2:00-3:15
	March In	3:05-3:15		March In	3:15-3:25
	Competition	3:15-6:30		Competition	3:25-5:40
Session 3	Level 6/Prep Gold	58 Gymnasts	Session 3	Level 7-10	30 Gymnasts
	Stretch	6:30-6:50		Stretch	6:00-6:30
	Warmup 1 st Event	6:50-7:05		Warmup 1 st Event	6:30-6:40
	March In	7:05-7:15		March In	6:40-6:50
	Competition	7:15-9:30		Competition	6:50-8:50
<i>Saturday, January 31, 2009 (Traditional Format)</i>					
Session 4	Level 4	72 Gymnasts			
Teams: American Gymnastics, All Star, Carolina, East Cooper, Lake Murray, Renegade, Thomas					
	Stretch	8:00-8:20			
	Warmup	8:20-9:40			
	March In	9:40-9:50			
	Competition	9:50-12:30			
Session 5	Level 4	72 Gymnasts			
Teams: Beach Team, Charleston, Charlotte, Gym and More, North Florida, Summerville, Tapio, Beach Team					
	Stretch	12:30-12:50			
	Warmup	12:50-2:10			
	March In	2:10-2:20			
	Competition	2:20-5:00			
Session 6	Level 8/9/10/Prep Plat.	49 Gymnasts			
	Stretch	5:00-5:30			
	Warmup 1 st Event	5:30-5:45			
	March In	5:45-5:55			
	Competition	5:55-9:20			
<i>SuperBowl Sunday, February 1, 2009 (Modified Capital)</i>					
Session 7	Level 5	87 Gymnasts			
	Stretch	8:00-8:20			
	Warmup 1 st Event	8:20-8:35			
	March In	8:35-8:50			
	Competition	8:50-11:50			
Session 8	Level 7	54 Gymnasts			
	Stretch	11:30-11:50			
	Warmup 1 st Event	11:50-12:00			
	March In	12:00-12:10			
	Competition	12:10-2:30			