

**Apollo 2011 In House Meet – Sunday 11/06/11**

**Session 1 – 54 gymnasts – Levels 3, 4 & 5**

8:30 AM Check In  
8:45 AM Open Stretch  
9:05 AM Introductions  
9:15 AM Warm Up / Competition  
12:00 PM Awards (approx)

**Starting Rotations**

<u>Vault</u>	<u>Uneven Bars</u>	<u>Beam</u>	<u>Floor</u>
Level 5 (8) Level 5 (8)	Level 4 (11)	Level 3 (7) Level 3 (8)	Level 4 (12)
————— 16	————— 11	————— 15	————— 12

**Session 2 – 33 gymnasts – Levels 6, 7, 8, 9 & 10**

12:00 PM Check In  
12:15 PM Open Stretch  
12:45 PM Introductions  
12:55 PM Warm Up / Competition  
3: 00 PM Awards (approx)

<u>Vault</u>	<u>Uneven Bars</u>	<u>Beam</u>	<u>Floor</u>
Level 10 (6)	Level 6 (8)	Level 8 (4) Level 9 (6)	Level 7 (9)
————— 6	————— 8	————— 10	————— 9

**Warm Up Time / Per Gymnast**

Level 3      30 seconds  
Level 4      45 seconds  
Level 5      1 minute  
Level 6      1 minute  
Level 7      1.5 minutes  
Level 8      2 minutes  
Level 9      2 minutes  
Level 10     2 minutes

**Event Ribbons for Level 3-5**

Blue Ribbon   9.0+  
Red Ribbon    8.0 – 8.975  
White Ribbon   7.5 – 7.975  
Yellow Ribbon 7.0 – 7.475