

**Apollo Gymnastics
2012 Rock n Roll Invitational
Friday 2/24/12**

Session 1 45 gymnasts **VAOP/Novice**

5:00 PM **Open Stretch**
5:15 PM **Introductions at first event**
5:25 PM **Warm up / Compete**
Awards immediately follow

Event/Flight	Vault	Bars	Beam	Floor
Flight 1	Apollo (4)	Paragon (6)	Apollo (8)	East Coast (6)
Flight2	Apollo (5)	Paragon (6)	KMG (3)	Chantilly (7)
	9	12	11	13

Notes:

- Modified Capitol Cup format
- Hospitality room for Judges and Coaches during all sessions
- Registration for gymnasts will open at 4:30 PM Friday; 7:30 AM on Saturday and Sunday
- Bar settings during Open Stretch only
- Coaches meeting during Open Stretch
- Report to first event immediately after Open Stretch
- No March In - Intros at first event
- Team Awards - Top 3 scores count

Age Determination Dates

- Level 3 2/24/12
- Level 4 5/6/12
- Level 5 4/29/12
- Level 6 4/1/12
- Level 7 4/1/12
- Level 8 4/29/12
- Level 9 3/25/12
- Level 10 3/25/12
- VAOP 2/24/12

Saturday 2/25/12

Session 2 92 gymnasts Level 3 & Level 4

8:00 AM **Open Stretch**
8:20 AM **Introductions at first event**
8:30 AM **Warm up / Compete**
Awards immediately follow

Event/Flight	Vault	Bars	Beam	Floor
Flight 1	Apollo L4 (12)	Aer East L4 (12)	Apollo L4 (4) Dulles L4 (8)	Aer East L4 (5) East Coast L4 (6)
Flight2	Apollo L4 (8) KMG L3 (4)	Arl Angels L4 (7) KMG L4 (2)	Apollo L3 (12)	Apollo L3 (2) Shenandoah L4 (6) KMG L3 (4)
	24	21	24	23

Session 3 89 gymnasts Level 5 & VAOP/Intermediate

12:15 PM **Open Stretch**
12:30 PM **Introductions at first event**
12:40 PM **Warm up / Compete**
Awards immediately follow

Event/Flight	Vault	Bars	Beam	Floor
Flight 1	Aer East L5 (12)	VA Tech L5 (9) Arl Angels L5 (2) Shenandoah L5 (1)	Central PA L5 (9)	Paragon VAOP/I (8) KMG L5 (4)
Flight2	Apollo L5 (8) Dulles L5 (4)	East Coast L5 (6) Dulles L5 (5)	Apollo L5 (8) Dulles L5 (4)	Paragon VAOP/I (4) Gym of Amer VAOP/I (4) Chantilly VAOP/I (1)
	24	23	21	21

Session 4 51 gymnasts Level 9 & Level 10

5:00 PM **Open Stretch**
5:30 PM **Introductions**
5:40 PM **Warm Up/Compete**

Event/Flight	Vault	Bars	Beam	Floor
Flight 1	Aerial East L10 (3) OT L10 (3)	Aerials L9 (4)	Aerial East L9 (6)	Central PA L9 (5) VA Tech L9 (2)
Flight 2	VA Tech L10 (1) Apollo L10 (7)	Central PA L9 (4) OT L9 (4)	Apollo L9 (5)	Sportsplex L9 (4) Top Flight L9 (3)
	14	12	11	14

Sunday 2/26/12

Session 5 77 gymnasts Level 6 & VAOP/Advanced

8:00 AM **Open Stretch**
8:20 AM **Introductions at first event**
8:25 AM **Warm up / Compete**
Awards immediately follow

Event/Flight	Vault	Bars	Beam	Floor
Flight 1	Aer East L6 (4) Dulles L6 (5)	Central PA L6 (8) Fairfax L6 (2)	Gymini L6 (7) Apollo L6 (3)	Aerials L6 (6) Paragon VAOP/A (4)
Flight 2	Apollo L6 (4) Gym of Amer VAOP/A (6)	VA Tech L6 (7) Shenandoah L6 (1) KMG L6 (1)	Arl Angels VAOP/A (2) Arl Angels L6 (7)	Paragon VAOP/A (10)
	19	19	19	20

Session 6 64 gymnasts Level 7

11:45 AM **Open Stretch**
12:15 PM **Introductions**
12:25 PM **Warm Up/Compete**
Awards immediately follow

Event/Flight	Vault	Bars	Beam	Floor
Flight 1	OT (8)	Aer East (8)	OT (3) VA Tech (4) KMG (1)	Sportsplex (5) Fairfax (2) Shenandoah (2)
Flight 2	Apollo (8)	Gymini (4) Aer East (4)	Apollo (3) Arl Angels (5)	Aerials (5) Dulles (2)
	16	16	16	16

Session 7 50 gymnasts Level 8

4:00 PM **Open Stretch**
4:30 PM **Introductions at first event**
4:40 PM **Warm up / Compete**
Awards immediately follow

Event/Flight	Vault	Bars	Beam	Floor
Flight 1	VA Tech (7)	Aer East (7)	Aerials (6)	Central PA (6)
Flight2	Apollo (5) KMG (1)	Dulles (6)	OT (6) Sportsplex (1)	Arl Angels (2) Shenandoah (1) Top Flight (2)
	13	13	13	11

