

Men's 2011 Survivor Invitational - Sunday 11/20/11 Rotations

Session 1: Level 4 (all) & L5 (age 10 and under) (91 gymnasts)

- 8:00** Registration & Open Stretch
8:30 Timed Warm-ups (12 minutes per event - announcer will indicate when to rotate)
10:00 Introductions
1:00 Awards (Top 3 scores compete for Team Award)

<u>Gym</u>	<u>Apollo</u>	<u>RiverCity</u>	<u>Gymstrada</u>	<u>Dulles</u>	<u>World Class</u>	<u>Arlington</u>
Level (#)	L4 (6) L5 (6)	L4 (14) L5 (2)	L4 (6) L5 (4)	L4 (5) L5 (5)	L4 (5) L5 (1)	L4 (8) L5 (6)
	<u>Hurricane</u>		<u>Sportsplex</u>	<u>W'burg</u>	<u>YMCA</u>	<u>Flipateers</u>
	L4 (2) L5 (2)		L4 (2) L5 (1)	L4 (4) L5 (1)	L4 (4) L5 (2)	L4 (1) L5 (1)
					<u>1st Class</u>	
					L4 (3)	
Total Athletes	16	16	13	15	15	16
Warm-up 1st event	POM	Rings	Vault	Pbars	Hbars	Floor
Compete 1st event	Floor	POM	Rings	Vault	Pbars	Hbars

Session 2: Levels 5 (age 11+) , Level 6, 7, 8, 9, 10 (70 gymnasts)

- 1:15** Registration & Open Stretch
1:45 Timed Warm-ups (12 minutes per event - announcer will indicate when to rotate)
3:15 Introductions
6:00 Awards (Top 3 scores compete for Team Award)

<u>Gym</u>	<u>Apollo</u>	<u>W'burg</u>	<u>Apollo</u>	<u>Arlington</u>	<u>River City</u>	<u>Gymstrada</u>
Level (#)	L7 (3) L9 (1) L10 (3)	L5 (2) L6 (7) L9 (1) L10 (1)	L5 (2) L6 (5)	L5 (4) L6 (3) L8 (1)	L5 (1) L6 (6) L10 (2)	L5 (4) L6 (3)
	<u>1st Class</u>		<u>Dulles</u>	<u>Hurricane</u>	<u>Paragon</u>	<u>Sportsplex</u>
	L6 (5)	<u>Comp Edge</u>	L5 (3) L6 (2) L9 (1)	L5 (1)	L8 (1) L10 (1)	L5 (2) L6 (4)
Total	12	12	13	9	11	13
Warm-up 1st event	POM	Rings	Vault	Pbars	Hbars	Floor
Compete 1st event	Floor	POM	Rings	Vault	Pbars	Hbars

Coach Information:

You may get your gymnast's bar settings during Open Stretch ONLY.

Time Warm-ups: 12 minutes each event.

Immediately following stretch, timed warm-ups will begin.

One-Touch will be given for Optional Levels 8-10 only. No Touch for compulsory Levels 4-7.

After you complete an event proceed in "Olympic Order" to your next event (F/P/R/V/PB/HB)