

McCracken's Gymnastics and Swim, Inc.

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www.mcgymswim.com

Dear Coaches:

Below is the final schedule for March Madness 2009. All sessions except for levels 2 & 3 will be modified capital cup. We will use 2 sets of bars, 2 beams, 1 vault and 1 floor exercise. If you are not familiar with this format, please do not hesitate to call me at the gym. If you have any other questions, you may call me as well. I look forward to seeing all of you in a couple of weeks.

Thanks,
Mary

2009 March Madness **Final schedule**

Friday, Feb. 27th, 2009

Level 4

Open Stretch	5:30 – 6:00pm
March In	6:00pm
Warm-up flight A	6:05pm
Competition	6:15 – 8:45pm
Awards immediately following the competition	

Saturday, Feb. 28th, 2009

Level 2 & 3

Open Stretch	10:30 – 10:45am
Timed Warm-up	10:45 – 11:30am
March In	11:30am
Competition	11:35 – 12:45pm

Awards immediately following each session

Level 6 – 10

Level 5

Open Stretch	1:15 – 1:45pm	6:00 – 6:30pm
March In	1:45pm	6:30pm
Timed Warm-up	1:50 – 2:10pm	6:30 – 6:40pm
Competition	2:10 – 5:15pm	6:40 – 9:00pm