

# McCracken's Gymnastics and Swim School

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January 13<sup>th</sup>, 2009

Dear Coaches:

Thank you for supporting the 2009 Guaranteed Foods Invitational. Below is the final schedule. The levels 5 – 7 sessions will be modified capital cup and the levels 2-4 sessions will be traditional format. We look forward to seeing you soon!!

Thanks!!

Mary

## **2009 Guaranteed Foods Invitational** **Final Schedule**

**Friday, Jan. 30<sup>th</sup>, 2009**

**Session I: Levels 6 - 7**

Open Stretch	5:30 – 6:00pm
March In	6:00pm
Timed Warm-up	6:05 – 6:15pm
Competition	6:15 – 8:00pm

**Saturday, Jan. 31<sup>st</sup>, 2009**

**Session II: Level 2 & 3**

**Session III: Level 4**

Open Stretch	10:30 – 10:45am	Open Stretch	1:15 – 1:45pm
Open Warm-up	10:45 – 11:30am	Timed Warm-up	1:45 – 2:45pm
March In	11:30 – 11:35am	March In	2:45 – 2:50pm
Competition	11:35 – 12:45pm	Competition	2:50 – 5:00pm

**Session IV: Level 5**

Open Stretch	5:30 – 6:00pm
March In	6:00pm
Timed Warm-up	6:05 – 6:15pm
Competition	6:15 – 8:00pm

**\*\*Awards following each session \*\***