

2010 Iowa Boys Gymnastics Invitational*

Check us out, @ www.hawkeye-gymnastics.com

DATE: Friday, Saturday & Sunday, February 12, 13 & 14, 2010.

Meet Schedule

Friday, February 12, 2010

Session 1	Level 6, (warm up all & compete all)	97 Gymnasts
5:00pm	Gym opens, open stretch.	
5:15	Coaches meeting.	
5:30	Timed warm ups begin, (15 minute rotations).	
6:45	Line up at first event.	
6:47	Team Introductions & National Anthem.	
6:50	Competition begins.	
9:15	Awards.	

Saturday, February 13, 2010

Session 2	Levels 7 & 8, (warm up all & compete all)	69 Gymnasts
8:00	Gym Opens, open stretch.	
8:15	Coaches meeting.	
8:30	Timed warm-ups begin, (12 minute rotations).	
9:42	Line up at first event.	
9:45	Team Introductions & National Anthem.	
9:50	Competition begins.	
12:15	Awards.	

Session 3	Level 9's, (warm up all & compete all)	53 Gymnasts
12:00pm	Gym opens, open stretch.	
12:15	Coaches meeting.	
12:30	Timed warm-ups begin, (12 minute rotations).	
1:42	Line up at first event.	
1:45	Team Introductions & National Anthem.	
1:50	Competition begins, first event.	
4:20	Awards.	

Session 4	Level 10's, (warm up all & compete all)	46 Gymnasts
6:00pm	Gym opens, open stretch.	
6:15	Coaches meeting.	
6:30	Timed warm-ups begin, (12 minute rotations).	
7:42	Line up first event.	
7:45	Team Introductions & National Anthem.	
7:47	Competition begins, first event.	
9:30	Awards.	

Sunday, February 14, 2010

Session 5

Level 5, (warm up all & compete all)

72 Gymnasts

8:00am	Gym opens, open stretch.
8:15	Coaches meeting.
8:30	Timed warm ups begin, (12 minute rotations).
9:42	Line up at first event.
9:45	Introductions & National Anthem
9:50	Competition begins.
12:15	Awards.

Session 6

Level 4, (warm up all & compete all)

68 Gymnasts

12:30pm	Gym opens, open stretch.
12:45	Coaches meeting.
1:00	Timed warm ups begin, (8-10 minute rotations).
2:05	Line up at first event.
2:10	Introductions & National Anthem.
2:15	Competition begins first event.
4:15pm	Awards.

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