

2010 Swamp Invite Schedule

Saturday, January 9

Session 1

Level 5 (ALL AGE GROUPS)

8:00-8:20am

General Stretch

8:20-11:20pm

Warm Up/Compete

Awards to follow - Individual & Team

Session 2

Level 6 (ALL AGE GROUPS)

12:00-12:20pm

General Stretch

12:20-3:00pm

Warm Up/Compete

Awards to follow - Individual & Team

Session 3

Level 7 - 10 (ALL AGE GROUPS)

4:00-4:30pm

General Stretch

4:30-8:30pm

Warm Up/Compete

Awards to follow - Individual

Sunday, January 10

Session 4

Level 4 (AGE GROUP 6-7yrs)

8:30-8:50am

General Stretch

8:50-11:50am

Warm Up/Compete

Awards to follow - Individual

Session 5

Level 4 (AGE GROUPS 8-9yrs & 10+ yrs)

12:30-12:50pm

General Stretch

12:50-4:30pm

Warm Up/Compete

Awards to follow - Individual & Team

All sessions will compete modified capital cup.

PRE-SALE T-SHIRTS ONLY...ASK YOUR COACH TODAY..OR GET THE FORM OFF LINE.