

# 2010 Gym Force Classic Men's Competition Schedule

**Saturday, January 16, 2009**

<b>Session SA1</b>		<i>Domino Tommy</i>
<b>Level 4</b>		
General Stretch		9:00 AM
Timed Warm-ups		9:20 AM
March-In		10:20 AM
Competition		10:30 AM
<b>Individual and Team Awards to follow.</b>		

<b>Session SA2</b>		<i>Dylan Justin</i>
<b>Level 5</b>		
General Stretch		12:30 PM
Timed Warm-ups		12:50 PM
March-In		1:40 PM
Competition		1:50 PM
<b>Individual and Team Awards to follow.</b>		

<b>Session SA3 (Capital Cup)</b>		
<b>Levels 7, 8, 9, 10 &amp; E</b>		
General Stretch		4:00 PM
Timed Warm-ups		4:30 PM
March-In		4:50 PM
Competition		5:00 PM
<b>Individual and Team Awards to follow.</b>		

*← Alex, James, Ryan, David*

**Sunday, January 17, 2010**

<b>Session SU1</b>		<i>Pat, Spencer</i>
<b>Level 6</b>		
General Stretch		9:00 AM
Introductions		9:20 AM
Timed Warm-ups, Group A		10:05 AM
Competition Begins		10:15 AM
<b>Individual and Team Awards to follow.</b>		