



2010



# SUNCOAST SPORTS FESTIVAL

## MEET SCHEDULE

### Saturday January 23, 2010

ALL Sessions are Modified Capital Cup Format

Session 1

USAG Level 4,5,6 (67)

8:00 am - 8:20 am

8:20 - 8:30 Warm up

8:30 - 11:00 Compete

Session 2

AAU Level 4 (59)

AAU Level 4 Gymnasts with Birthdays between

8/18/2000-12/24/2002

11:00 - 11:20 Stretch

11:20 - 11:35 Warmup

11:35 - 1:30 Compete

Session 3

AAU Level 4 (59)

AAU Level 4 Gymnasts with Birthdays between

4/29/1994-8/17/2000

1:30 - 1:50 Stretch

1:50 - 2:00 Warm up

2:00 - 4:00 Compete

Session 4

AAU Level 2,3 (60)

4:00 pm - 4:20 pm Stretch

4:20 pm - 4:30 Warm up

4:30 pm - 6:00 pm Compete

Session 5

AAU Level 5,6,7,8, Modified Optional (67)

6:00 pm - 6:20 pm

6:20 pm - 6:30 pm Warm up

6:30 pm - 8:30 pm Compete

### Sunday January 24, 2010

ALL Sessions are Modified Capital Cup Format

Session 6

USAG Prep Optional (50)

8:00 - 8:20 Stretch

8:20 - 8:30 Warm up

8:30 - 11:00 Compete

Session 7

USAG Level 7 (67)

11:00 - 11:20 Stretch

11:20 - 11:35 Warmup

11:35 - 2:00 Compete

Session 8

USAG Level 8 (52)

2:00 - 2:20 Stretch

2:20 - 2:35 Warm up

2:35 - 5:30 Compete

Session 9

USAG Level 9, 10 (49)

5:30 pm - 5:50 pm Stretch

5:50 pm - 6:00 Warm up

6:00 pm - 8:30 pm Compete

Lauren  
Brianna  
Katie  
Angel

Ashley  
Dallas

Claudia  
Haley  
Alicia  
Beth

Hailey  
Nikki  
Michaela