

PLANET BEACH MEET 2007

Friday, October 12th

Session 1 - Level 4 – 43 gymnasts –PLA, JUB, LAN, MSPLA, ESI, NAS

5pm Warm up & stretch
5.15 Timed warm ups
6.00 March in
6.15 Competition
8pm Awards in Celebration Hall

Saturday, October 13th

Session 2 - Level 4 – 45 gymnasts – GP, JFJ, FC, DGA

8am Warm up & stretch
8.15 Timed warm up
9am March in
9.15 Competition
11am Awards in Celebration Hall

Session 3 - Level 4 – 44 gymnasts – JE, SSG, MTB

11.15 Warm up & stretch
11.30 Timed warm up
12.15 March in
12.30 Competition
2pm Awards in Celebration Hall

Session 4 - Level 5 – 38 gymnasts – NAS, JUB, JFJ, DGA, JE, PLA, SSG, FC

2.15pm Warm up & stretch
2.30 Timed warm ups
3.15 March in
3.30 Competition
5pm Awards in Celebration Hall

Session 5 - Level 5 & Prepop – 43 gymnasts – PLA(prepop), ESI, MEG, GP, MTB, LAN, MSPLA,

5.15 Warm up & stretch
5.30 Timed warm ups
6.15 March in
6.30 Competition
8.15 Awards in Celebration Hall

Sunday, October 15th

Session 6 – Level 6 – 46 gymnasts - All gyms – JUB, ESI, MEG, JFJ, MTB, JE, PLA, SSG, GP, FC, DGA, LAN

8am Warm up & stretch
8.15 Timed warm ups
9am March in
9.15 Competition
11am Awards in Celebration Hall

Session 7 – Level 1 & 2 – 68 gymnasts -All gyms –PLA, LAN, MSPLA, ESI

11.15 Warm up & stretch
11.30 March in (timed warm ups and competition, one event at a time, per modified traditional format)
11.45 Competition
1.45 Awards in Celebration Hall

Session 8 – Level 3 – 44 gymnasts – NAS, LAN, MTB

2pm Warm up & stretch
2.15 Timed warm ups
2.40 March in
2.55 Competition
3.45 Awards in Celebration Hall

Session 9 – Level 3 – 45 gymnasts – PLA, ESI, MSPLA, JFJ, DGA

4pm Warm up & stretch
4.15 Timed warm ups
4.40 March in
4.55 Competition
5.45 Awards in Celebration Hall

