



TUM-BOWL III GYMNASTICS MEET SCHEDULE

Saturday, January 17th, 2009

Session 1: Level 4 – Ages 7, 8, 9

Doors Open	7:45 AM	
Stretch	8:00 AM	8:30 AM
March In	8:30 AM	8:40 AM
Rotation 1	8:40 AM	9:05 AM
Rotation 2	9:05 AM	9:30 AM
Rotation 3	9:30 AM	9:55 AM
Rotation 4	9:55 AM	10:20 AM
Awards	10:20 AM	10:50 AM

Session 2: Level 4 – Ages 10+

Doors Open	11:15 AM	
Stretch	11:15 AM	11:45 AM
March In	11:45 AM	11:55 AM
Rotation 1	11:55 AM	12:20 PM
Rotation 2	12:20 PM	12:45 PM
Rotation 3	12:45 PM	1:10 PM
Rotation 4	1:10 PM	1:35 PM
Awards	1:35 PM	2:00 PM

Session 3: Level 5 – Ages 8,9, 10, 11, 12

Doors Open	2:15 PM	
Stretch	2:15 PM	2:45 PM
March In	2:45 PM	2:55 PM
Rotation 1	2:55 PM	3:20 PM
Rotation 2	3:20 PM	3:45 PM
Rotation 3	3:45 PM	4:10 PM
Rotation 4	4:10 PM	4:35 PM
Awards	4:35 PM	5:00 PM

Session 4: Level 5,6, NO – Level 5 Age 13+, All of Level 6 and NO

Doors Open	5:00 PM	
Stretch	5:00 PM	5:30PM
March In	5:30 PM	5:40 PM
Rotation 1	5:40 PM	6:20 PM
Rotation 2	6:20 PM	7:00 PM
Rotation 3	7:00 PM	7:40 PM
Rotation 4	7:40 PM	8:20 PM
Awards	8:20 PM	8:50 PM

Sunday, January 18th, 2009



TUM-BOWL III GYMNASTICS MEET SCHEDULE

Session 5: Level 2 – All ages

Doors Open	7:45 AM	
Stretch	8:00 AM	8:30 AM
March In	8:30 AM	8:40 AM
Rotation 1	8:40 AM	9:00 AM
Rotation 2	9:00 AM	9:20 AM
Rotation 3	9:20 AM	9:40 AM
Rotation 4	9:40 AM	10:00 AM
Awards	10:00 AM	10:30 AM

Session 6: Level 3 – All ages

Doors Open	10:30 AM	
Stretch	10:30 AM	11:00 AM
March In	11:00 AM	11:10 AM
Rotation 1	11:10 AM	11:35 AM
Rotation 2	11:35 AM	12:05 PM
Rotation 3	12:05 PM	12:30 PM
Rotation 4	12:30 PM	1:05 PM
Awards	1:05 PM	1:35 PM