

<u>J O Qualifier and Pre Team Exhibition</u>		<u>GYMSTREET USA</u>	
February 8 2014		Meet Sessions	
Sessions	During Session 1 Warm Up	Session 1	Session 2
Levels	Pre Team Exhibition	B4-B5	B6-10
	Boys & Girls	Boys (Qty 91)	Boys (Qty 53)
Date	SAT 02/08/2014	SAT 02/08/2014	SAT 02/08/2014
Format		Traditional	Capital Cup
Check In	1215 pm	100 pm Strict	530 pm
Stretch	1230 pm	115 pm	545 pm
Warm Up	n/a	130 pm	600 pm
		Warm Up all Events	1st Event
		15 Min (Max)/Squad Rotation	10-12 Min/Squad
		1 Min (Max)/Gymnast/Rotation	1-1.5 Min/Gymnast/Rotation
Introduction	1245 pm	315 pm	615 pm
		Compete All Events	Warm Up / Compete
		15 Min (Max)/Squad Rotation	
Awards	145 pm	445 pm	900 pm