



# Competition Schedule

FRIDAY, March 6, 2009

Pete Maravich Assembly Center - LSU

Session 1		Level 2/4	Modified Capitol Cup			
8:00	-	8:20 Open Stretch - A Equipment	A VT	Team Frisco	2	L2
8:05	-	8:15 Coaches Meeting		Bayou Gymnastics	7	L2*
8:10	-	8:30 Open Stretch - B Equipment	UB	Mandeville	3	L2
8:20	-	8:30 1st Warm-Up A Equipment		The Brook-Lin Center	6	L2*
8:30	-	8:40 March In - Opening and Team Introductions	BB	Ivanov's	9	L4*
10:40		AWARDS	FX	The Brook-Lin Center	3	L4*
				Cypress Pointe	4	L4
			B VT	Acadiana	7	L4*
			UB	Bengal	2	L4
				Elite	5	L4*
			BB	Elite	9	L4*
			FX	North Shore Flairs	9	L4*
Session 2		Level 3	Modified Capitol Cup			
11:00	-	11:20 Open Stretch - A Equipment	A VT	The Brook-Liin Center	3	*
11:05	-	11:15 Coaches Meeting		Acadiana	9	*
11:10	-	11:30 Open Stretch - B Equipment	UB	Westside	3	
11:20	-	11:30 1st Warm-Up A Equipment		North Shore Flairs	10	*
11:30	-	11:40 March In - Opening and Team Introductions	BB	All Star Gymnastics	13	*
2:00		AWARDS	FX	Bayou	3	*
				Elite	10	*
			B VT	Bengals	3	*
				Aim Gym Gems	7	*
			UB	Cypress Pointe	3	
				Gymnasiana	7	*
			BB	Team Frisco	4	*
				Mandeville	5	*
			FX	Ivanov's	4	*
				Hall's	4	

\* Denotes Team Entry



# Competition Schedule

FRIDAY, March 6, 2009

Pete Maravich Assembly Center - LSU

## Session 3 Level 6/PO B/S Modified Capitol Cup

2:15	-	2:35	Open Stretch - A Equipment	Level 6 - A	VT	Ivanov's	1		
2:20	-	2:30	Coaches Meeting			Flip Factory	1		
2:30	-	2:50	Open Stretch - B Equipment			Elite	10	*	
2:35	-	2:50	1st Warm-Up A Equipment		UB	Mandeville	1		
2:50	-	3:00	March In - Opening and Team Introductions			New Heights	2		
5:40			AWARDS			The Brook-Lin Center	3	*	
						Elmwood	5		
					BB	AIM Gym Gems	1		
						Olympic Warrior	2		
						Cypress Pointe	4		
						American Elite	5	*	
					FX	CG's Gymnastics	1		
						Westside	1		
						Bengal	2		
						North Shore Flairs	3	*	
						Acadiana	5	*	
					Prep Op - B	VT	Crescent City	1	
						North Shore All-Star	7	*	
					UB	Acadiana	8	S*	
					BB	Hall's	2		
						Gym Plus	5	*	
					FX	Acadiana	8	B*	

## Session 4 Level 8/PO G/P Modified Capitol Cup

6:00	-	6:30	Open Stretch - A Equipment	Level 8 - A	VT	Cypress Pointe	1		
6:10	-	6:20	Coaches Meeting			Gymnastics Plus	2		
6:20	-	6:50	Open Stretch - B Equipment			Elmwood	6		
6:30	-	6:50	1st Warm-Up A Equipment		UB	American Elite	1		
6:50	-	7:00	March In - Opening and Team Introductions			Lanier's	3		
9:30			AWARDS			The Brook-Lin Center	5	*	
					BB	Gym Like This	1		
						AIM Gym Gems	1		
						North Shore Flairs	2		
						Elite	4	*	
					FX	Mandeville	1		
						Memphis Storm	3	*	
						Olympic Warrior	4	*	
					Prep Op - B	VT	North Shore All-Stars (G)	11	*
					UB	Acadiana	1		
						Tampa Bay Turners	4	*	
						New Heights	4		
					BB	Gym Plus	2		
						North Shore Flairs	3	*	
						North Shore All-Stars (P)	4		
					FX	All-American	2		
						Hall's	3		
						Gym Like This	4	*	



# Competition Schedule

## SATURDAY, March 7, 2009

Pete Maravich Assembly Center - LSU

Session 5	Level 4	Modified Capitol Cup
8:00	- 8:20 Open Stretch - A Equipment	A VT Tampa Bay Turners 9 *
8:05	- 8:15 Coaches Meeting	UB American Elite 1
8:10	- 8:30 Open Stretch - B Equipment	Hall's 3
8:20	- 8:30 1st Warm-Up A Equipment	All Star 6 *
8:30	- 8:40 March In - Opening and Team Introductions	BB Tampa Bay Turners 9 *
10:40	AWARDS	FX Westside 4
		All-American 5 *
		B VT Bayou 2
		AIM Gym Gems 3 *
		North Shore All-Star 5 *
		UB Gymnasiana 11 *
		BB Mandeville 3 *
		AIM Gym Gems 9 *
		FX Memphis Storm 3
		New Heights 4
		Cajun Kips 6 *
Session 6	Level 9/10	Modified Traditional
11:30	- 12:00 Open Stretch & Bar Settings	VT New Heights 1/1
11:40	- 11:50 Coaches Meeting	Cypress Pointe 2/1
12:00	- 12:20 Warm-Up 1st Event - Level 9	Gym Like This 1/2
12:20	- 12:30 March In - Opening and Team Introductions	UB Elite 7/6 **
2:40	AWARDS	BB All Star 1
		Elmwood 2/6 *
		FX North Shore Flairs 1
		Bengal 1
		AIM Gym Gems 1
		Acadiana 2
		Laniers 2
		The Brook-Lin Center 3/1 *

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**LSU vs. NORTH CAROLINA STATE - 6:00 pm**



# Competition Schedule

**SUNDAY, March 8, 2009**

Pete Maravich Assembly Center - LSU

Session 7	Level 7	Modified Capitol Cup		
8:00	- 8:30	Open Stretch - A Equipment	A VT	New Heights 2
8:05	- 8:15	Coaches Meeting		Elite 8 *
8:15	- 8:45	Open Stretch - B Equipment	UB	Ivanov's 3 *
8:30	- 8:45	1st Warm-Up A Equipment		Cypress Pointe 7
8:45	- 8:55	March In - Opening and Team Introductions	BB	Crescent City 2
11:35		AWARDS		Elite 7 *
			FX	Tampa Bay Turners 8 *
			B VT	Memphis Storm 1
				AIM Gym Gems 9 *
			UB	North Shore Flairs 1
				All-American 3
				Lanier's 5 *
			BB	Acadiana 2
				Gym Plus 2
				CG's Gymnastics 6 *
			FX	Gym Like This 1
				Elmwood 4
				The Brook-Lin Center 4 *
Session 8	Level 5	Modified Capitol Cup		
11:45	- 12:05	Open Stretch - A Equipment	A VT	Flip Factory 1
11:50	- 12:00	Coaches Meeting		Gymnastics Plus 3 *
12:00	- 12:20	Open Stretch - B Equipment		CG's Gymnastics 8 *
12:05	- 12:20	1st Warm-Up A Equipment	UB	American Elite 3
12:20	- 12:30	March In - Opening and Team Introductions		Elmwood 9 *
3:10		AWARDS	BB	New Heights 3
				Tampa Bay Turners 7 *
			FX	Elite 1
				Cypress Pointe 5
				North Shore Flairs 6 *
			B VT	Bayou 1
				Team Frisco 3 *
				All Star 8 *
			UB	Crescent City 1
				Memphis Storm 1
				Bengal 3 *
				Ivanov's 7 *
			BB	Hall's 2
				Westside 3
				Mandeville 6 *
			FX	Cajun Kips 3 *
				AIM gym Gems 4 *
				Acadiana 5 *

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# Competition Schedule

SUNDAY, March 8, 2009

Pete Maravich Assembly Center - LSU

Session 9		NS L1/2/3/4	Modified Capitol Cup			
3:30	-	3:50 Open Stretch - A Equipment	A VT	Ivanov's	7	L1*
3:35	-	3:45 Coaches Meeting		New Heights	4	L3
3:40	-	4:00 Open Stretch - B Equipment	UB	Flip Factory	2	L4
3:50	-	4:00 1st Warm-Up A Equipment		Tampa Bay Turners	8	L3*
4:00	-	4:10 March In - Opening and Team Introductions	BB	Cajun Kips	8	L3*
5:30		AWARDS	FX	North Shore All-Stars	9	L3*
			B VT	Westside	4	L2
				All American	5	L2
			UB	Cypress Pointe	7	L2
			BB	Hall's	5	L2
			FX	Cypress Pointe	7	L2
Session 10		NS Level 2	Modified Capitol Cup			
5:45	-	6:05 Open Stretch - A Equipment	A VT	North Shore All-Stars	9	*
5:50	-	6:00 Coaches Meeting	UB	Elite	10	*
5:55	-	6:15 Open Stretch - B Equipment	BB	North Shore All-Stars	8	*
6:05	-	6:15 1st Warm-Up A Equipment	FX	Bengal	10	*
6:15	-	6:25 March In - Opening and Team Introductions				
7:35		AWARDS	B VT	Ivanov's	4	*
				Cajun Kips	4	*
			UB	Gymnasiana	9	*
			BB	Cajun Kips	9	*
			FX	Gymnasiana	4	*
				Ivanov's	4	*

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