



# Competition Schedule

FRIDAY, March 5, 2010

Pete Maravich Assembly Center - LSU

## Modified Traditional Format

Session 1		Level 9	47			
8:00	-	8:20	Open Stretch	VT	Storm	2
8:05	-	8:15	Coaches Meeting		Gym Dandys	10 t
8:20	-	8:35	1st Warm-Up - 1st Half	UB	Wilson's Gym Academy	1
8:35	-	8:45	March In - Opening and Team Introductions		Elmwood	1
12:00			AWARDS		Mandeville	1
					Houston North	4 t
					Northeast All-Around	4 t
				BB	U.S. Gold	1
					The Brook-Lin Center	2
					Gym Dandys	9 t
				FX	American Elite	1
					Cypress Pointe	1
					United Gymstars	4 t
					Elite	6 t

Session 2		Level 9/10	51			
12:15	-	12:45	Open Stretch	VT	North Shore Flairs	1
12:20	-	12:30	Coaches Meeting		Gym Dandys	2
12:45	-	1:00	1st Warm-Up - 1st Half		The Brook-Lin Center	2
1:00	-	1:10	March In - Opening and Team Introductions		Gymcats	7 t
4:30			AWARDS	UB	Rising Star	2
					U.S. Gold	2
					Northeast All-Around	2
					Tampa Bay Turners	7 t
				BB	New Heights	1
					United Gymstars	2
					Elmwood	3
					Elite	5 t
				FX	Bama Bounders	4 t
					Tampa Bay Turners	5 t
					Gymcats	6 t

**LSU vs. OREGON STATE - 7:00 pm**

**\$1 Ticket Night - Tickets Available at the LSU Box Office**



# Competition Schedule

## SATURDAY, March 6, 2010

RiverCenter Exhibition Hall

### Modified Capitol Cup Format

Session 3		Level 7		80		
8:00	-	8:20	Open Stretch - A Equipment	A VT	U.S. Gold	1
8:05	-	8:15	Coaches Meeting		Cypress Pointe	3
8:15	-	8:35	Open Stretch - B Equipment		Gymcats	5 t
8:20	-	8:35	1st Warm-Up A Equipment	UB	Tampa Bay Turners	4 t
8:35	-	8:45	March In - Opening and Team Introductions		Elite	6 t
12:00			AWARDS	BB	North Shore Flairs	3
					United Gymstars	6 t
				FX	Acadiana	2
					Elite	7 t
				B VT	Bengal	2
					New Heights	2
					DreamWorks	2
					Houston North	5 t
				UB	The Brook-Lin Cener	2
					Storm	2
					Bama Bounders	4 t
					Wilson's	5 t
				BB	Gulf Breeze	2
					Elmwood	4 t
					American Elite	5 t
				FX	Crescent City	1
					Lanier's	4 t
					Bama Bounders	5 t
Session 4		Level 8		40		
12:15	-	12:35	Open Stretch - A Equipment	A VT	Elite	6 t
12:20	-	12:30	Coaches Meeting	UB	Gymcats	5 t
12:25	-	12:45	Open Stretch - B Equipment	BB	Elmwood	4 t
12:35	-	12:45	1st Warm-Up A Equipment	FX	United Gymstars	5 t
12:45	-	12:55	March In - Opening and Team Introductic	B VT	Rising Star	1
2:20			AWARDS		Tampa Bay Turners	4 t
				UB	Storm	1
					Bama Bounders	3 t
					U.S. Gold	3
				BB	Cypress Pointe	1
					The Brook-Lin Center	1
					Houston North	2
				FX	Acadiana	1
					Lanier's	3



# Competition Schedule

## SATURDAY, March 6, 2010

RiverCenter Exhibition Hall

### Modified Capitol Cup Format

Session 5		L6/POG/P/O		89		
2:30	-	2:50	Open Stretch - A Equipment	A VT	Mandeville	2
2:35	-	2:45	Coaches Meeting		Empire	2
2:45	-	3:05	Open Stretch - B Equipment		North Shore Flairs	7 t
2:50	-	3:05	1st Warm-Up A Equipment	UB	Bayou	1
3:05	-	3:15	March In - Opening and Team Introductions		Bengal	2
6:00			AWARDS		New Heights	3
					Cypress Pointe	6 t
				BB	Halls	1
					Southwest Twisters	2
					Guzzy's	3 t
					Elmwood	6 t
				FX	American Elite	1
					Wilson's	1
					Acadiana	4 t
					Gulf Breeze	6 t
				B VT	The Brook-Lin Center	2
					Hall's	3
					North Shore All-Stars	6 t
				UB	Guzzy's	3 t
					Lanier's	7 t
				BB	Acadiana	2
					Crescent City	2
					North Shore All-Stars	5 t
				FX	Tampa Bay Turners	6 t
					DreamWorks	6 t
Session 6		POB/POS		86		
6:15	-	6:35	Open Stretch - A Equipment	A VT	Acadiana	10 t
6:20	-	6:30	Coaches Meeting	UB	Lanier's	11 t
6:30	-	6:50	Open Stretch - B Equipment	BB	Guzzy's	11 t
6:35	-	6:50	1st Warm-Up A Equipment	FX	Guzzy's	5 t
6:50	-	7:00	March In - Opening and Team Introductions		Lanier's	6 t
9:30			AWARDS	B VT	North Shore All-Stars	5 t
					Lanier's	7 t
				UB	Rising Star	1
					Gulf Breeze	5 t
					Guzzy's	5 t
				BB	Acadiana	1
					Crescent City	1
					Lanier's	7 t
				FX	Hall's	2
					The Brook-Lin Center	9 t



# Competition Schedule

## SUNDAY, March 7, 2010

RiverCenter Exhibition Hall

### Modified Traditional Format

Session 7A		NS L1/L3	35	Session 7B		NS L2	67
9:00	-	9:20	Open Stretch	8:00	-	8:20	Open Stretch
9:05	-	9:15	Coaches Meeting	8:05	-	8:15	Coaches Meeting
9:20	-	9:30	1st Warm-Up	8:20	-	8:30	1st Warm-Up
9:30	-	9:40	March In - Opening Intros	8:30	-	8:40	March In - Opening Intros
10:50			AWARDS	10:50			AWARDS
VT	Cypress Pointe		3	VT	Bengal		6 t
	Guzzy's		6 t		Cypress Pointe		9 t
UB	DreamWorks		4 t	UB	Elite		3
	Gym Unlimited		4		North Shore All-Stars		14 t
BB	Elite		8 t	BB	Southwest Twisters		6
FX	Southwest Twisters		1		Cajun Kips		12 t
	North Shore All-Stars		9 t	FX	Westbank		5 t
					Cypress Pointe		12 t
Session 8A		Level 3	43	Session 8B		Level 2	36
11:00	-	11:20	Open Stretch	11:00	-	11:20	Open Stretch
11:05	-	11:15	Coaches Meeting	11:05	-	11:15	Coaches Meeting
11:20	-	11:30	1st Warm-Up	11:20	-	11:30	1st Warm-Up
11:30	-	11:40	March In - Opening Intros	11:30	-	11:40	March In - Opening Intros
12:50			AWARDS	12:35			AWARDS
VT	Gulf Breeze		2	VT	Hall's		4
	Crescent City		2		Gym Unlimited		6
	Elite		7 t	UB	Bayou		10 t
UB	Bengal		11 t	BB	Mandeville		6 t
BB	Hall's		4	FX	Gulf Breeze		4 t
	Cypress Pointe		6 t		DreamWorks		6 t
FX	Westbank		2				
	Cajun Kips		9 t				
Session 9A		Level 3	44	Session 9B		Level 4	44
1:00	-	1:20	Open Stretch	1:00	-	1:20	Open Stretch
1:05	-	1:10	Coaches Meeting	1:05	-	1:10	Coaches Meeting
1:20	-	1:30	1st Warm-Up	1:20	-	1:30	1st Warm-Up
1:30	-	1:40	March In - Opening Intros	1:30	-	1:40	March In - Opening Intros
3:10			AWARDS	3:30			AWARDS
VT	North Shore Flairs		10 t	VT	Cajun Kips		4 t
UB	Empire		3		Tampa Bay Turners		8 t
	Tampa Bay Turners		8 t	UB	Storm		1
BB	North Shore Flairs		4 t		Elite		9 t
	Mandeville		7 t	BB	Gulf Breeze		4 t
FX	Bayou		5 t		Acadiana		6
	DreamWorks		7 t	FX	North Shore All-Stars		5 t
					Guzzy's		7 t



# Competition Schedule

## SUNDAY, March 7, 2010

RiverCenter Exhibition Hall

### Modified Traditional Format

Session 10A	Level 5	67	Session 10B	Level 4	66		
3:45	-	4:05	Open Stretch	3:45	-	4:05	Open Stretch
3:50	-	4:00	Coaches Meeting	3:50	-	4:00	Coaches Meeting
4:05	-	4:15	1st Warm-Up	4:05	-	4:15	1st Warm-Up
4:15	-	4:25	March In - Opening Intros	4:15	-	4:25	March In - Opening Intros
7:15			AWARDS	7:15			AWARDS
VT	Wilson's	1	VT	Bengal	5 t		
	Hall's	2		Mandeville	5 t		
	Tampa Bay Turners	5 t		Cypress Pointe	7 t		
	North Shore Flairs	8 t	UB	Southwest Twisters	4		
UB	Mandeville	2		Tampa Bay Turners	11 t		
	DreamWorks	3	BB	Bayou	5 t		
	Bayou	5 t		Westbank	5 t		
	Acadiana	7 t		DreamWorks	8 t		
BB	American Elite	2	FX	Empire	5 t		
	Southwest Twisters	2		North Shore Flairs	11 t		
	Cajun Kips	4					
	Storm	4					
	Elmwood	5 t					
FX	Crescent City	1					
	New Heights	3					
	Elite	13 t					