

2011 LUAU IN LEOS - KALAHARI GYMNASTICS INVITATIONAL
HOSTED BY NEW HEIGHTS GYMNASTICS
FRIDAY, JANUARY 28, 2011

SESSION I *MODIFIED CAPITOL CUP*
Level 7

FRIDAY

7:45 AM	GYMNAST REGISTRATION
8:00 AM	GENERAL STRETCH & COACHES MEETING
8:30 AM	FLIGHT 1 WARM-UP BEGINS
8:45 AM	MARCH-IN
9:00 AM	FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
12:30 PM	SESSION I AWARDS

SESSION II *MODIFIED CAPITOL CUP*
Level 8/Prep Opt Gold/Prep Opt Plat

FRIDAY

12:00 PM	GYMNAST REGISTRATION
12:30 PM	GENERAL STRETCH & COACHES MEETING
1:00 PM	FLIGHT 1 WARM-UP BEGINS
1:15 PM	MARCH-IN
1:30 PM	FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
5:00 PM	SESSION II AWARDS

SESSION III *CAPITOL CUP FORMAT*
Levels 9 & 10

FRIDAY

4:30 PM	GYMNAST REGISTRATION
5:00 PM	GENERAL STRETCH & COACHES MEETING
5:30 PM	FLIGHT 1 WARM-UP BEGINS
5:45 PM	MARCH-IN
6:00 PM	FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
9:30 PM	SESSION III AWARDS

1/4/2011

2011 LUAU IN LEOS - KALAHARI GYMNASTICS INVITATIONAL
HOSTED BY NEW HEIGHTS GYMNASTICS
SATURDAY, JANUARY 29, 2010

SESSION IV

MODIFIED CAPITOL CUP

Level 4

International, New Heights, All Around, Downriver, Phoenix GEMS, Toledo Turner Johnson, Elite, Lakeshore, Central Ohio, Top Flight, SOSA, Next Level, Toledo Gymnastics, Geneva Vikings

SATURDAY

7:45 AM

GYMNAST REGISTRATION

8:00 AM

GENERAL STRETCH & COACHES MEETING

8:30 AM

FLIGHT 1 WARM-UP BEGINS

8:45 AM

MARCH-IN

9:00 AM

FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP

12:30 PM

SESSION IV AWARDS

SESSION V

MODIFIED CAPITOL CUP

Level 5

Phoenix GEMS, Bozhi Gym, Hocking Valley, AGA, Johnson, GymQuest, Lakeshore, Top Flight, GymNiks

SATURDAY

12:00 PM

GYMNAST REGISTRATION

12:30 PM

GENERAL STRETCH & COACHES MEETING

1:00 PM

FLIGHT 1 WARM-UP BEGINS

1:15 PM

MARCH-IN

1:30 PM

FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP

5:00 PM

SESSION V AWARDS

SESSION VI

MODIFIED CAPITOL CUP

Levels 5 & 6

Level 5: Summit Academy, All Around, Power In Motion, Downriver, Toledo Turner Elite, Arcadia, Head Over Heels, Trinity, Defiance, SOSA, Toledo Gymnastics

ALL LEVEL 6

SATURDAY

4:30 PM

GYMNAST REGISTRATION

5:00 PM

GENERAL STRETCH & COACHES MEETING

5:30 PM

FLIGHT 1 WARM-UP BEGINS

5:45 PM

MARCH-IN

6:00 PM

FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP

9:30 PM

SESSION VI AWARDS

2011 LUAU IN LEOS - KALAHARI GYMNASTICS INVITATIONAL
HOSTED BY NEW HEIGHTS GYMNASTICS
SUNDAY, JANUARY 30, 2011

SESSION VII *MODIFIED CAPITOL CUP*
Level 4 Power In Motion, Gymnastics World, Flytz, Bozhi Gym, Hocking Valley,
AGA, GymQuest, GymNiks

SUNDAY

7:45 AM GYMNAST REGISTRATION
8:00 AM GENERAL STRETCH & COACHES MEETING
8:30 AM FLIGHT 1 WARM-UP BEGINS
8:45 AM MARCH-IN
9:00 AM FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
12:30 PM SESSION VII AWARDS

SESSION VIII *MODIFIED CAPITOL CUP*
Level 3/Prep Opt Bronze

SUNDAY

12:00 PM GYMNAST REGISTRATION
12:30 PM GENERAL STRETCH & COACHES MEETING
1:00 PM FLIGHT 1 WARM-UP BEGINS
1:15 PM MARCH-IN
1:30 PM FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
5:00 PM SESSION VIII AWARDS

SESSION IX *MODIFIED CAPITOL CUP*
Prep Opt Silver

SUNDAY

4:30 PM GYMNAST REGISTRATION
5:00 PM GENERAL STRETCH & COACHES MEETING
5:30 PM FLIGHT 1 WARM-UP BEGINS
5:45 PM MARCH-IN
6:00 PM FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
9:30 PM SESSION IX AWARDS