



2009 LUAU IN LEOS - KALAHARI GYMNASTICS INVITATIONAL
HOSTED BY NEW HEIGHTS GYMNASTICS
FRIDAY, MARCH 6, 2009

SESSION I *MODIFIED CAPITOL CUP*
PREP OPTIONALS FLYTZ, TURLE'S, KATHI'S, AMERICAN PRIDE, BUCKEYE
LEVEL 3 POWER HOUSE, PAULINE'S, NEW HEIGHTS

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 7 ALPINE, TOPS , WEST SIDE, JOHNSON,
ALL AROUND, NEXT LEVEL

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
2:30 PM FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
5:00 PM SESSION II AWARDS

SESSION III *CAPITOL CUP FORMAT*
LEVEL 5 FLYTZ, TEN PO, WEST SIDE, POWER HOUSE
GYM NATION, NORTH O, ALL AROUND

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



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SATURDAY, MARCH 7, 2009

SESSION IV
LEVEL 7

MODIFIED CAPITOL CUP

FLYTZ, POWER IN MOTION, TEN P O, TOLEDO, SET-10,
SOGA, KATHI'S, DYNAMITE, NORTH OLMSTED, GREATER TOLEDO,
NEW HEIGHTS, INTERNATIONAL

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
LEVEL 6

MODIFIED CAPITOL CUP

FLYTZ, TEN P O, TOLEDO TURNERS, LIMA, SET-10,
WEST SIDE, INTERNATIONAL, JOHNSON, NORTH OLMSTED,
ELITE, AM PRIDE, SOSA, ALL AROUND, NEXT LEVEL,
GREATER TOLEDO

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
2:30 PM FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
5:00 PM SESSION V AWARDS

SESSION VI
LEVEL 5

MODIFIED CAPITOL CUP

POWER IN MOTION, TOLEDO, LIMA, SET-10, SOGA,
INTERNATIONAL, KATHI'S, WINNING EDGE, JOHNSON,
AM. PRIDE, SOSA, NEXT LEVEL, GREATER TOLEDO,
NEW HEIGHTS, SUNRISE

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



**2009 LUAU IN LEOS - KALAHARI GYMNASTICS INVITATIONAL
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SUNDAY, MARCH 8, 2009**

**SESSION VII
LEVEL 4** *MODIFIED CAPITOL CUP*
FLYTZ, SUNRISE, SET-10, GYM WORLD, GYM NATION

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
LEVELS 8-10** *MODIFIED CAPITOL CUP*
FLYTZ, ALPINE, TOLEDO, TOPS, TURLE'S, SET-10, WEST SIDE, INTERN.,
KATHI'S, DYNAMITE, JOHNSON, NORTH O, ALL AROUND, GREATER TOL

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
2:30 PM FLIGHT 1 COMPETES / FLIGHT 2 BEGINS WARM-UP
5:00 PM SESSION VIII AWARDS

**SESSION IX
LEVEL 4** *MODIFIED CAPITOL CUP*
POWER IN MOTION, TOLEDO, LIMA, TURLE'S, SOGA,
INTERNATIONAL, POWER HOUSE, WINNING EDGE, ELITE,
AM PRIDE, SOSA, ALL AROUND, NEXT LEVEL, NEW HEIGHTS

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