

Rose City Challenge 2010

Session Information Update (1-19-10)

Girls Sessions

Session 1 No Girls This Session

Session 2 Friday March 5th (Modified CC)

Level 6 (ALL Teams)

- 11:00 Open Warm-up
- 11:15 March-in
- 11:20 First Timed Warm-up
- 11:30 Competition Begins

Session 3 Friday March 5th (Modified CC)

Level 8 (ALL Teams)

- 2:30 Open Warm-up
- 2:45 March-in
- 2:50 First Timed Warm-up
- 3:00 Competition Begins

Session 4 No Girls This Session

Boys Sessions

Session 1 Friday March 5th (Traditional)

Level 4 (Acrovision, Cascade Elite, Eastside, Metro, Metropolitan, Naydenov, OGA, Top Flyte, USGymnastics, Vancouver Elite.)

- 8:00 Open Warm-up
- 8:15 March-in
- 8:20 Timed Warm-ups
- 9:20 Competition Begins

Session 2 Friday March 5th (Modified CC)

Level 5 (Acrovision, Cascade Elite, Danik, Eastside, Gym Nest, IEGA, Metro, Metropolitan, Naydenov, OGA, USGymnastics, Vancouver Elite.)

- 11:00 Open Warm-up
- 11:15 March-in
- 11:20 Timed Warm-ups
- 11:30 Competition Begins

Session 3 Friday March 5th (Modified CC)

Level 6 (ALL Teams)

- 2:30 Open Warm-up
- 2:45 March-in
- 2:50 Timed Warm-ups
- 3:00 Competition Begins

Session 4 Friday March 5th (Modified CC)

Level 5 (ABK, Anchorage, Athletic Edge, Auburn, Bainbridge, Black Hills, Dynamic, Gem State, Jun Sports, Mt. Helena, MAC, OMEGA, Salem, Seattle, Summit, Westside)

- 6:00 Open Warm-up
- 6:15 March-in
- 6:20 Timed Warm-ups
- 6:30 Competition Begins

Girls Sessions

Session 5 No Girls This Session

Session 6 Saturday March 6th (Modified CC)

Level 7 (Athletic Edge, Bainbridge, Cascade All-Star, Gym 4-U, Mid-Columbia, Northwest Gym, Pacific Training, Riverside, USGymnastics, Wings)

11:00 Open Warm-up
11:15 March-in
11:20 First Timed Warm-up
11:30 Competition Begins

Session 7 Saturday March 6th (Modified CC)

Level 9/10 (ALL Teams)

2:30 Open Warm-up
2:45 March-in
2:50 First Timed Warm-up
3:00 Competition Begins

Session 8 Saturday March 6th (Modified CC)

Level 7 (Anchorage, Dynamic, Jun Sports, Metro, Mt. Helena, North Coast, OMEGA, OGA, Peak Elite, Vancouver)

6:00 Open Warm-up
6:15 March-in
6:20 Timed Warm-ups
6:30 Competition Begins

Boys Sessions

Session 5 Saturday March 6th (Traditional)

Level 4 (ABK, Athletic Edge, Auburn, Bainbridge, Black Hills, Dynamic, MAC, OMEGA, Summit, Westside)

8:00 Open Warm-up
8:15 March-in
8:20 Timed Warm-ups
9:20 Competition Begins

Session 6 Saturday March 6th (Modified CC)

Level 7 (ALL Teams)

11:00 Open Warm-up
11:15 March-in
11:20 Timed Warm-ups
11:30 Competition Begins

Session 7 Saturday March 6th (Modified CC)

Level 10 (ALL Teams)

2:30 Open Warm-up
2:45 March-in
2:50 Timed Warm-ups
3:00 Competition Begins

Session 8 Saturday March 6th (Modified CC)

Level 8/9 (ALL Teams)

6:00 Open Warm-up
6:15 March-in
6:20 Timed Warm-ups
6:30 Competition Begins

Girls Sessions

Session 9 Sunday March 7th (Modified CC)

Level 4 (ALL Teams)

8:00 Open Warm-up

8:20 March -in

8:30 First Timed Warm-up

8:40 Competiton Begins

Session 10 Sunday March 7th (Modified CC)

Level 5 (ALL Teams)

12:30 Open Warm-up

12:50 March-in

1:00 First Timed Warm-up

1:10 Competition Begins