

# 2010 CGA Coaches Spectacular MEET SCHEDULE

**MEET FORMAT: MODIFIED CAPITOL CUP**  
**EQUIPMENT: AAI**

- \* **Optionals: Any squads over 8 gymnasts require at least 2 coaches**  
**Exception: When only L7's, any squads over 10 gymnasts require 2 coaches**  
**Compulsories: Any squads over 12 gymnasts require 2 coaches**

## January 15, 2010 FRIDAY MORNING SESSION

Open Stretch and Bar Settings	8:00 - 8:30
Introductions and National Anthem	8:30 - 8:40
Flight 1 Warm Up 1st Event	8:40
Competitions Complete	11:40

### LEVEL 8 - GYM A

ANDERSON	4	
BUCKEYE	11	(2 Squads)
OAKLAND	18	(3 Squads)
OCEAN STATE	4	
OLYMPIA	3	
PITTSBURGH NORTHSTARS	11	(2 Squads)
SIGS	4	
TRIAD	4	
	59	
	59	

### LEVEL 9 - GYM B

ACROS	8	
AGA	4	
GYMNASTICS WORLD	9	(2 Squads)
MADISON	3	
MICHIGAN ELITE	5	
QUEEN CITY	13	(2 Squads)
TEXAS DREAMS	9	(2 Squads)
WRIGHTS	9	(2 Squads)
	60	
	60	

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## January 15, 2010 FRIDAY AFTERNOON SESSIONS

Open Stretch and Bar Settings	12:15 - 12:45
Introductions and National Anthem	12:45 - 12:55
Flight 1 Warm Up 1st Event	12:55
Competitions Complete	3:45

### LEVEL 8 - GYM A

AGA	2	
CINCINNATI GYMNASTICS	18	(3 Squads)
MADISON	2	
MICHIGAN ELITE	6	
QUEEN CITY	9	(2 Squads)
SALTO	5	
TEXAS DREAMS	8	
WRIGHTS	6	
	56	
	56	

### LEVEL 9 - GYM B

BUCKEYE	11	(2 Squads)
CINCINNATI GYMNASTICS	10	(2 Squads)
OAKLAND	10	(2 Squads)
OCEAN STATE	3	
OLYMPIA	9	(2 Squads)
PITTSBURGH NORTHSTARS	9	(2 Squads)
SIGS	6	
	58	
	58	

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## January 15, 2010 FRIDAY EVENING SESSIONS

Open Stretch and Bar Settings	4:15 - 4:45
Introductions and National Anthem	4:45 - 4:55
Flight 1 Warm Up 1st Event	4:55
Competitions Complete	8:10

### LEVEL 7 - GYM A

ACROS	4	
ALL AMERICAN	6	
ALPINE	3	
ANDERSON	11	(2 Squads)
CARTER'S	4	
CINCINNATI GYMNASTICS	15	(2 Squads)
LAKESHORE	5	
OAKLAND	9	
OCEAN STATE	6	
PITTSBURGH NORTHSTARS	10	
	73	
	73	

### LEVEL 10/OPEN - GYM B

BUCKEYE	7	
CINCINNATI GYMNASTICS	13	(2 Squads)
GYMNASTICS WORLD	7	
LAKETTES	1	
MICHIGAN ELITE	9	(2 Squads)
OLYMPIA	6	
TEXAS DREAMS	7	
TRIAD	2	
WRIGHTS	8	
	60	
	60	

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## January 16, 2010 SATURDAY MORNING SESSIONS

Open Stretch and Bar Settings	8:00 - 8:30
Introductions and National Anthem	8:30 - 8:40
Flight 1 Warm Up 1st Event	8:40
Competitions Complete	NOON

### LEVEL 7 - GYM A

BUCKEYE	17	(2 Squads)
CINCINNATI GYMNASTICS	10	
EXTREME	10	
MICHIGAN ELITE	7	
OLYMPIA	13	(2 Squads)
TEXAS DREAMS	8	
TOP FLIGHT	2	
WESTSIDE	7	
	74	
	74	

### LEVEL 9/OPEN - GYM B

ALL AMERICAN	3	
ALPINE	1	
ANDERSON	3	
C&Z ANGELS	1	
FLIGHTSCHOOL	1	***
LAKESHORE	1	
LAKETTES	5	
SALTO	4	***
SET-10	2	
TRIAD	1	
	22	
	22	

### LEVEL 10 - GYM B

AGA	5	
CARTER'S	6	
FLIGHTSCHOOL	1	***
JFJ ELITE	1	
MADISON	4	
OAKLAND	5	
OCEAN STATE	1	
PITTSBURGH NORTHSTARS	1	
QUEEN CITY	3	
REVOLUTION	1	
SALTO	2	***
SIGS	5	
	35	
	35	

\*\*\* Your L9's and L10's are in the same squad, so you will only need 1 coach

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## January 16, 2010 SATURDAY AFTERNOON SESSIONS

Open Stretch and Bar Settings	12:30 - 1:00
Introductions and National Anthem	1:00 - 1:10
Flight 1 Warm Up 1st Event	1:10
Competition Complete	4:30

### LEVEL 7 - GYM A

AGA	8
BUTLER	6
FLIGHTSCHOOL	3
FLIP ZONE	6
GLOBAL	2
JFJ ELITE	2
LAKETTES	1
MADISON	6
QUEEN CITY	11
SALTO	7
SET-10	6
TRIAD	4
VALIANT	1
ZANESVILLE	11
	74
	74

### PREP OPT GOLD - GYM B

ALL AMERICAN	3
CHAMPION	3
CINCINNATI GYMNASTICS	5
FLIP ZONE	4
SPECTRUM	3
WESTSIDE	2
	20
	20

### LEVEL 8 - GYM B

ACROS	2
ALL AMERICAN	6
ALPINE	3
CARTER'S	4
C&Z ANGELS	4
EXTREME	4
LAKESHORE	1
SET-10	3
TOP FLIGHT	3
	30
	30

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**January 16, 2010  
SATURDAY EVENING SESSION**

**SHOWDOWN - GYM B**

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## January 17, 2010 SUNDAY MORNING SESSIONS

Open Stretch and Bar Settings	8:00 - 8:30
Introductions and National Anthem	8:30 - 8:40
Flight 1 Warm Up 1st Event	8:40
Competitions Complete	11:50

### LEVEL 3 - GYM A

QUEEN CITY	22	(2 Squads)
CHAMPION	28	(3 Squads)
	50	
	50	

### LEVEL 4 - GYM A

ACROS	7	
CINCINNATI GYMNASTICS - split sessions	12	
GLOBAL	5	
REVOLUTION	11	
SALTO	2	
VALIANT	3	
	40	
	40	

### LEVEL 5 - GYM B

BUTLER	7	
CINCINNATI GYMNASTICS - split sessions	16	(2 Squads)
EXTREME	6	
OAKLAND	10	
OCEAN STATE	14	(2 Squads)
SALTO	9	
ZANESVILLE	10	
	72	
	72	

### PREP OPT SILVER - GYM B

ACROS	1	
CHAMPION	5	
CINCINNATI GYMNASTICS	10	
	16	
	16	

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## January 17, 2010 SUNDAY AFTERNOON SESSIONS

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Introductions and National Anthem	12:45 - 12:55
Flight 1 Warm Up 1st Event	12:55
Competitions Complete	4:15

### LEVEL 4 - GYM A

CHAMPION - split sessions	12	
OAKLAND	8	
QUEEN CITY - split sessions	12	
TOP FLIGHT	13	(2 Squads)
	45	
	45	

### LEVEL 5 - GYM A

AGA	9	
ALL AMERICAN	4	
GYMANARIUM	4	
SET-10	11	
SPECTRUM	14	(2 Squads)
	42	
	42	

### LEVEL 6 - GYM B

ACROS	2	
ANDERSON	9	
BUTLER	1	
CINCINNATI GYMNASTICS	19	(2 Squads)
EXTREME	5	
FLIP ZONE	12	
OAKLAND	7	
OCEAN STATE	7	
QUEEN CITY	15	(2 Squads)
REVOLUTION	2	
SALTO	7	
SET-10	1	
VALIANT	1	
ZANESVILLE	2	
	90	
	90	

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## January 17, 2010 SUNDAY EVENING SESSIONS

Open Stretch and Bar Settings	4:45 - 5:15
Introductions and National Anthem	5:15 - 5:25
Flight 1 Warm Up 1st Event	5:25
Competitions Complete	8:30

### LEVEL 4 - GYM A

ALL AMERICAN	6	
CHAMPION - split sessions	16	(2 Squads)
CINCINNATI GYMNASTICS - split sessions	13	(2 Squads)
EXTREME	9	
QUEEN CITY	13	(2 Squads)
SET-10	7	
SPECTRUM	10	
ZANESVILLE	18	(2 Squads)
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	<u>92</u>	

### LEVEL 5 - GYM B

ACROS	7	
CINCINNATI GYMNASTICS - split sessions	17	(2 Squads)
FLIP ZONE	11	
QUEEN CITY	18	(2 Squads)
REVOLUTION	4	
TOP FLIGHT	15	(2 Squads)
VALIANT	6	
	<hr style="border-top: 1px solid black;"/>	
	<u>78</u>	