

Coaches Spectacular Schedule by Session

FINAL 1/5/2012

GYM A

Session 1A –FRIDAY, Jan 13th - LEVEL 8

Check-in 11:30
General Stretch 12:00
Introduction and Flight Warm up 12:30
Competition 12:46
Awards immediately following the competition

Gyms

CGA (18)
Ocean State Gymnastics (4)
Buckeye (16)
JPAC (1)
Off Limits (5)
Golden City (3)
Conrad's (5)
Oakland Gymnastics (8)

Session 2A – FRIDAY, Jan 13th - LEVEL 7

Check-in 4:30
Warm-up Starts 5:00
Introduction and Flight Warm-up 5:30
Competition 5:45
Awards immediately following the competition

Gyms

CGA (23)
Radiant Sportz (5)
Gymkhana (2)
Top Flight (3)
Buckeye (15)
Ocean State (9)
Starts & Stripes (10)
Dance Moves and Gym (3)
Lakeshore Gymnastics (5)
Grand Rapids (3)

Session 3A – SATURDAY, Jan 14th - LEVEL 7

Check-in 7:30
General Stretch 8:00
Introduction and Flight Warm up 8:30
Competition 8:45
Awards immediately following the competition

Gyms

Conrad's (9)
South Suburban (1)
Oakland (9)
JPAC (10)
Gold Medal (5)
Buckeye (5)
Olympia (11)
Elite Gymnastics (2)
Salto (8)
Hartland Gymnastics (1)
Ultimate Gymnastics (14)
Spectrum (4)

Session 4A – SATURDAY, Jan 14th - LEVEL 7 & 8 Mixed

Check-in 11:30
General Stretch 12:00
Introduction and Flight Warm-up 12:30
Competition 12:46
Awards immediately following the competition

Gyms

Memphis Point L7 (4)
Wildcard Gym L7 (7)
Ace Gymnastics L7 (1)
Golden City L7 (8)
Champion Gymnastics L7 (7)
Revolution L7 (1)
Sharps Gymnastics L7 (7)
Memphis Point L8 (2)
Ace Gymnastics L8 (1)
Flights Gymnastics L8 (3)
Dance Moves & Gym L8 (4)
Elite Gym L8 (4)
Salto L8 (8)
Gold Medal L8 (5)

Session 5A – SUNDAY, Jan, 15th - X-CEL (Prep. Opt.)

Check-in 7:30
General Stretch 8:00
Introduction and Flight Warm-up 8:30
Competition 8:42
Awards immediately following the competition

Gyms

CGA - Silver (7), Gold (7)
Memphis Point – Bronze (10), Silver (7), Gold (4)
Livonia – Bronze (3), Silver (6)
Gold Medal – Bronze (1), Silver (3)
Golden City – Gold (1)
Ultimate – Gold (1)
Buckeye – Silver (7)
Spectrum – Silver (4)
Top Flight – Gold (2)
Wildcard (5)

Session 6A – SUNDAY, Jan 15th - LEVEL 3

Check-in 11:30
General Stretch 12:00
Introduction and Flight Warm-up 12:30
Competition 12:42
Awards immediately following the competition

Gyms

CGA L3 (27)
Top Flight L3 (15)

Session 7A – SUNDAY, Jan 15th - LEVEL 4 & 5 mixed

Check-in 4:30
General Stretch 5:00
Introduction and Flight Warm-up 5:30
Competition 5:42
Awards immediately following the competition

Cincinnati Rec. L4 - (20)
Global L4 - (4)
Gold Medal L4 - (6)
Revolution L4 - (5)

Top Flight L5 - (14)
Gem City L5 - (8)
Dance Moves & Gym L5 - (11)
Cincinnati Rec. L5 - (7)
Livonia Gymnastics L5 - (4)
Ocean State L5 - (7)
Ace Gymnastics L5 - (5)

GYM B

Session 1B – FRIDAY, Jan, 13th - LEVEL 9

Check-in 11:30
General Stretch 12:00
Introduction and Flight Warm up 12:30
Competition 12:46
Awards immediately following the competition

Gyms

CGA (10)
Ultimate Gymnastics (9)
Buckeye (6)
Gold Medal (2)
Ace Gymnastics (3)
Olympia (7)
Conrad's (1)
Salto (6)
South Suburban (2)
JPAC (6)
Gymkhana (2)
Memphis Point (1)
Sharp's Gymnastics (1)
Champion Gymnastics (6)
Grand Rapids (1)

Session 2B – FRIDAY, Jan, 13th - LEVEL 10

Check-in 4:30
General Stretch 5:00
Introduction and Flight Warm-up 5:30
Competition 5:46
Awards immediately following the competition

Gyms

CGA (10)
Elite Gymnastics (3)
Ocean State (2)
Buckeye (9)
Golden City (2)
Stars & Stripes (3)
Gold Medal (1)
Ultimate Gymnastics (6)
Conrad's (1)
Olympia (7)
Dance Moves & Gym (1)
Sharp's Gymnastics (1)
JPAC (2)
Oakland Gymnastics (8)

Session 3B – SATURDAY, Jan 14th - LEVEL 9 & 10 Mixed

Check-in 7:30
General Stretch 8:00
Introduction and Flight Warm-up 8:30
Competition 8:46
Awards immediately following the competition

Gyms

X-Cel Gymnastics L10 – (7)
Flights Gymnastics L10 (1)
Salto L10 – (5)
Memphis Point L10 – (2)
Ace Gymnastics L10 – (3)
Champion Gymnastics L10 – (5)
X-Cel Gymnastics L9 (7)
Ocean State L9 - (7)
Dance Moves & Gym L9 - (1)
Oakland Gymnastics L9 - (11)
Elite Gymnastics L9 (4)
Stars & Stripes L9 – (4)
Radiant Sportz L9 - (2)
Lakeshore Gymnastics L9 – (1)

Session 4B – SATURDAY, Jan, 14th - LEVEL 8

Check-in 11:30
General Stretch 12:00
Introduction and Flight Warm-up 12:30

Competition 12:46
Awards immediately following the competition

Gyms

Ultimate Gymnastics (7)
Grand Rapids (1)
Champion Gymnastics (11)
Top Flight (1)
Oakland Gymnastics (9)
Gymkhana (2)
Olympia Gymnastics (8)
Hartland Gymnastics (3)
South Suburban (2)
Wildcard Gymnastics (2)
Sharp;s (4)
Lakeshore Gymnastics (3)
Spectrum (1)
Radiant Sportz (4)

Session 5B – SUNDAY, Jan 15th - LEVEL 5

Check-in 7:30
General Stretch 8:00
Introduction and Flight Warm-up 8:30
Competition 8:42
Awards immediately following the competition

Gyms

CGA (21)
Oakland Gymnastics (16)
Stars & Stripes (10)
Flights Gymnastics (11)
Gold Medal (6)
Global Gymnastics (4)
Grand Rapids (18)
Wildcard (2)
Elite Gymnastics (9)

Session 6B – SUNDAY, Jan, 15th - LEVEL 6

Check-in 11:30
General Stretch 12:00
Introduction and Flight Warm-up 12:30
Competition 12:40
Awards immediately following the competition

Gyms

CGA (20)

Top Flight (8)

Ocean State (6)

Livonia Gymnastics (1)

Elite Gymnastics (7)

Gem City (1)

Flights Gymnastics (6)

Gold Medal (1)

Lakeshore (11)

Revolution (8)

Grand Rapids (6)

Dance Moves & Gym (3)

Session 7B – SUNDAY, Jan 15th - LEVEL 4

Check-in 4:30

General Stretch 5:00

Introduction and Flight Warm-up 5:30

Competition 5:39

Awards immediately following the competition

Gyms

CGA (25)

Stars & Stripes (11)

Top Flight (16)

Livonia Gymnastics (4)

Wildcard (5)

Oakland Gymnastics(4)

Elite Gymnastics (3)

Dance Moves & Gym (6)