

2008 TEDDY BEAR TUMBLE

FORMAT - CAPITAL CUP (2 events at a time, 4 groups). Flight A will warm up their first two events (vault & bars) while Flight B continues stretching. After march in, Flight A will compete their first two events (vault & bars) while Flight B warms up the same two events. When Flight A is finished competing their two events, Flight B will begin competition on their first two events while Flight A warms up their last two events (beam & floor). The meet will follow this format.

SATURDAY, NOVEMBER 8, 2008

SESSION 1 - ALL PREP LEVELS

- 8:00-8:15am * General Stretch
- 8:15-8:30am * Timed Warm Up (Flight A)
- 8:30-8:45am * March In
- 8:45-10:30am * Competition/Warm Up/Touch
- 10:30-11:00am * Awards

SATURDAY, NOVEMBER 8, 2008

SESSION 2 - ALL LEVEL 4's

- 11:15-11:30am * General Stretch
- 11:30-11:50am * Timed Warm Ups (Flight A)
- 11:50-12:05pm * March In
- 12:05-3:45pm * Competition/Warm Ups
- 3:45-4:15pm * Awards

SATURDAY, NOVEMBER 8, 2008

SESSION 3 - ALL LEVEL 5's

- 4:30-4:45pm * General Stretch
- 4:45-5:05pm * Timed Warm Ups (Flight A)
- 5:05-5:20pm * March In
- 5:20-8:20pm * Competition/Warm Ups
- 8:20-8:50pm * Awards

SUNDAY, NOVEMBER 9, 2008

SESSION 4 - LEVEL 3's & LEVEL 6's

9:00-9:15am * *General Stretch*

9:15-9:30am * *Timed Warm Ups (Flight A)*

9:30-9:45am * *March In*

9:45-11:15am * *Competition/Warm Ups*

11:15-11:45am * *Awards*

SUNDAY, NOVEMBER 9, 2008

SESSION 5 - LEVELS 7,8,9,10

12:00-12:30pm * *General Stretch*

12:30-1:00pm * *Timed Warm Ups (Flight A)*

1:00-1:15pm * *March In*

1:15-4:15pm * *Competition*

4:15-4:45pm * *Awards*