



HANG 10.0 2010

HAMPSTEAD

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2/27/2010 - 2/28/2010



Host Gym

Port City Gymnastics

Saturday, February 27, 2010

Session: 1 Capital Cup

Competeting Levels

Novice

Prep 1

Prep Premier

General Stretch: 10:00 AM

1st Event WarmUp: 10:30 AM

March In: 10:45 AM

Competition: 10:55 AM

Awards: 1:35 PM

Sunday, February 28, 2010

Session: 3 Capital Cup

Competeting Levels

Rookie 1

Rookie 2

General Stretch: 9:00 AM

1st Event WarmUp: 9:30 AM

March In: 9:40 AM

Competition: 9:50 AM

Awards: 12:00 PM

Saturday, February 27, 2010

Session: 2 Modified Traditional

Competeting Levels

Level 10

Level 8

Level 9

General Stretch: 2:00 PM

1st Event WarmUp: 2:30 PM

March In: 2:50 PM

Competition: 3:00 PM

Awards: 6:00 PM

Sunday, February 28, 2010

Session: 4 Capital Cup

Competeting Levels

Level 3

Level 4

Level 5

Level 6

Level 7

General Stretch: 12:15 PM

1st Event WarmUp: 12:45 PM

March In: 1:00 PM

Competition: 1:10 PM

Awards: 3:50 PM