



Wolfpack Rec Meet

Jan. 5, 2019

Session 1: Xcel Silver

12:30 – 12:45 Stretching in Auxiliary Gym
 12:45-1:35 Warm up (12 min. rotations)
 1:35 Introduction
 1:40-3:00 Competition

Buckeye – 12*	Buckeye -12*	Buckeye – 11* All Starz -2	WYB -7 Turle's – 5
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*You will need coaches for each group.

Session 2: Level 2, 3, 4, Xcel Bronze

3:00 – 3:15 Stretching in Main Gym
 3:15 – 4:05 Warm Up (12 min. rotations)
 4:05 Introduction
 4:10 – 5:30 Competition

WYB Level 2 – 6* WYB Bronze -7	WYB Level 3- 11*	Flying Js Level 3 -12*	Flying Js Level 4 -5* Flip N Out Level 4 -2 Flip N Out Level 3 -3 Flip N Out Level 2 - 2
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*You will need coaches for each group.

Session 3: Xcel Gold & Platinum

5:40 – 6:00 Stretching in Main gym
 6:00-7:00 Warm Up (15 min. rotations)
 7:00 Introduction
 7:05-9:05 Competition

WYB Gold -8* All Starz Gold -6 Turle's Gold -2 Turle's Level 7-2 Turle's Level 8 -1	WYB Platinum -14* Flying Js Platinum -4	Buckeye Gold -8* Buckeye Platinum -3 Flip N Out Gold - 5 Flip N Out Platinum -2	Buckeye Gold -18*
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*You will need coaches for each group.

<u>Admission</u> \$5 Adults \$3 children Senior citizen and pre-school FREE	Coaches Hospitality Room Concession stand	<u>Equipment</u> AAI Tac-10 Vault table/runway, Speith Anderson Bars, Speith Beam & AAI Beams, Spring floor.
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Worthington Kilbourne High School

1499 Hard Road

Columbus OH 43235



Sunday, January 6, 2019



Session 1: Level 3, 4, Bronze, Silver

8:00 Coaches meeting
 8:05-8:25 Open stretching
 8:25-9:25 Warm up
 9:25 Introduction
 9:30-11:30 Competition

Licking Co. Level 3 – 3* Trics Level 3 – 4* All Starz Bronze – 5 Vitality Bronze – 4*	Trics Level 4 -6* Licking Co. Level 4 – 5* Defiance Level 4 – 3*	Vitality Silver – 5* SOGA Silver – 1 Findlay Silver – 3* SOGA Bronze -2 Findlay Bronze – 7*	Findlay Level 3 – 8* Defiance Level 3 – 3* Findlay level 4 – 4*
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*Please bring enough coaches to cover all groups.

Session 2: Level 5, 6, 8, Gold, Platinum

11:30-11:55 Open stretching
 11:55-1:05 Warm up
 1:05 Introduction
 1:10-3:10 Competition

Trics Level 6 -8 Trics Level 5 – 1	Findlay Platinum – 6* Findlay Level 5 – 1 Licking Co. Level 6 – 1* Licking Co. Level 5 – 2	Licking Co. Gold – 2* Licking Co. Level 8 – 1 Findlay Gold – 6*	Vitality Gold – 4 Vitality Platinum – 1 Defiance Platinum – 2 Defiance Level 5 – 1 Defiance Level 6 - 3
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<u>Admission</u> \$5 Adults \$3 children Senior citizen and pre-school FREE	Coaches Hospitality Room Concession stand	<u>Equipment</u> AAI Tac-10 Vault table/runway, Speith Anderson Bars, Speith Beam, Spring floor.
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