



**Sunday, January 19, 2020**  
 Worthington Kilbourne H.S. 1499 Hard Rd.  
 Columbus OH 43235



**Session 1A: Level 2 in AUX GYM** (Traditional format)

8:00 Coaches meeting  
 8:05-8:25 Open stretching  
 8:25-8:55 Warm up  
 9:00 Introduction  
 9:05-10:10 Competition **Floor will be a 10'x60' strip**  
 64 gymnasts

**Champion **Mid Ohio Toledo *Universal	*Universal	* **Buckeye	* **Buckeye
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\*Please bring enough coaches to cover both groups in this session

\*\* Please bring enough coaches to cover gymnasts in this session and Session 1B that run concurrently.

**Session 1B: Level 3, Xcel Bronze in MAIN GYM** (Traditional format)

8:00 Coaches Meeting  
 8:05- 8:20 Open stretching  
 8:20-9:12 Warm up  
 9:12 Introduction  
 9:17-11:05 Competition 59 gymnasts

**Champion Level 3 *CGA Level 3	Toledo Level 3 *CGA Level 3	**Buckeye Bronze All Starz Bronze BAC Bronze	**Mid Ohio Level 3
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\*Please bring enough coaches to cover all groups.

\*\* Please bring enough coaches to cover gymnasts in this session and Session 1B that runs concurrently.

**Session 2 Level 4, Level 5, and Silver gymnasts will be stretching in the Aux gym while Session 1B is still in progress. Coaches of All Starz, Mid Ohio, and BAC should have coaches available for both.**

<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, Spieth Anderson Bars & Beam, Spring floor.  Athletic Trainer available
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**Session 2: Level 4, 5 Xcel Silver** (Traditional format)

10:30 Coaches Meeting in AUXILIARY GYM  
 10:35- 11:00 Open stretching in AUXILIARY GYM  
 11:05-12:10 Warm up in Main Gym  
 12:10 Introduction in Main Gym  
 12:15-2:15 Competition in Main Gym

66 gymnasts

All Starz Silver Avante Silver	BAC Silver Trics Silver Trics Level 4	Buckeye Silver Vitality Silver	Toledo Level 4 Mid Ohio Level 4 Mid Ohio Level 5
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**Session 3: Xcel Gold –** (Modified Traditional Format)

2:25 Coaches Meeting  
 2:20- 2:40 Open stretching  
 2:40-2:51 Warm up 1<sup>st</sup> event  
 2:51 Introduction  
 2:55-4:55 Competition

43 gymnasts

*Champion Mid Ohio	*Champion Vitality	Diva Avante	Trics BAC
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**Session 4: Level 6, 7, 8, Xcel Platinum, Diamond** (Traditional format)

5:05 Coaches Meeting  
 5:00 - 5:20 Open stretching  
 5:20 - 6:28 Warm up  
 6:28 Introduction  
 6:33-8:25 Competition

39 gymnasts

Mid Ohio Level 7 Mid Ohio Level 8 Diva Level 8 Diva Level 6	Champion Level 7 Champion Diamond Champion Platinum Vitality Platinum	Avante Platinum BAC Platinum	Toledo Level 6 Trics Level 6 Trics Level 7
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