



# Wolfpack Rec Meet

Jan. 18, 2020

## Session 1: Level 1, 2, 3: Traditional Format

12:30 – 12:45    Stretching in Auxiliary Gym    12:20 Coaches meeting  
 12:45-1:15      Warm up  
 1:15              Introduction  
 1:20-2:20       Competition

*WYB Level 3 - 8	*Flying J's Level 3-10	FlipNOut Level 2-4 *Flying J's Level 3- 6	*WYB Level 2 -9 WYB Level 1- 2
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\*You will need coaches for each group.

## Session 2: Level 4, Xcel Silver: Modified Traditional Format

2:30 – 2:45      Stretching in Main Gym- Coaches Meeting 2:20pm  
 2:45              Introduction  
 2:50              Warm Up 1<sup>st</sup> event (10 min.)  
 3:00              Compete 1<sup>st</sup> event  
 3:00 – 5:05      Competition

*Buckeye Silver - 16	Flying J's Level 4 - 8 LCFY Level 4 - 4	*Buckeye Silver - 15	WYB Silver – 9 Turle's Silver – 4
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\*You will need coaches for each group.

## Session 3: Level 6, 8, Xcel Gold & Platinum

5:15 – 5:35      Stretching in Main gym    Coaches Meeting 5:20  
 5:35-6:35       Warm Up (15 min. rotations)  
 6:35              Introduction  
 6:40-8:50       Competition

Flying Js Gold – 1 Flying Js Plat - 3 All Starz Gold – 4 All Starz Plat - 3	LCFY Level 6- 2 LCFY Level 8 – 1 LCFY Gold – 2 *WYB Plat - 9	Turle's Level 8 – 2 Turle's Gold – 2 *WYB Gold - 11	Buckeye Gold- 14 Buckeye Plat – 3
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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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