



## **Friday, Dec. 12, 2008**

### ***Session I – Level 7***

9:00 am – 9:20 am Open Stretch  
9:20 am – 9:30 am March-In  
9:30 am – 12:30 pm Competition / Awards

### ***Session II – Level 6 (8-9y.o) Level 8***

1:00 pm – 1:20 pm Open Stretch  
1:20 pm – 1:30 pm March – In  
1:30 pm – 3:30 pm Competition / Awards

### ***Session III – Level 6 (10yo&11+yo)***

4:00 pm – 4:20 pm Open Stretch  
4:20 pm – 4:30 pm March – In  
4:30 pm – 7:30 pm Competition / Awards

## **Saturday, Dec. 13, 2008**

### ***Session IV – Level 9***

7:30 am – 7:50 am Open Stretch  
7:50 am – 8:00 am March-In  
8:00 am – 11:00 am Competition / Awards

### ***Session V – Level 10***

11:30am – 11:50 am Open Stretch  
11:50 am – 12:00 pm March- In  
12:00pm – 4:00 pm Competition / Awards

### ***Session VI - Elite***

5:00 pm – 5:15 pm Open Stretch  
5:15 pm – 6:15 pm Open Warm-up  
6:15 pm – 6:30pm March In  
6:30pm- Competition

## **Sunday, Dec. 14, 2008**

### ***Session VII – Level 4***

#### **Traditional Format**

8:00 am – 8:15 am Open Stretch  
8:15 am – 9:00 am Warm-up  
9:00 am – 11:00 am Competition / Awards

### ***Session VIII – Level 5 (7-8 y.o.)***

11:45 am – 12:05 pm Open Stretch  
12:05pm – 12:15pm March-In  
12:15pm – 2:00 pm Competition / Awards

### ***Session IX – Level 5 (9yo&10+yo )***

2:30 pm – 2:50 pm Open Stretch  
2:50 pm – 3:00 pm March-In  
3:00 pm – 5:30 pm Competition / Awards