

Flips Fall Hoe Down Competition Schedule September 24-25, 2011

*If your gym is listed twice, you need two coaches – no coach will be allowed on the competition floor without current USAG membership.

Sunday September 25, 2011

Session 4

Level 4 - 71 athletes

Vault	Bars	Beam	Floor
Mini Hops - 9	Crowleys - 13	TCT - 10	Crowleys - 4
No Boundries - 9	Dynamics - 5	Dynamics - 8	IGM - 13

Registration	7:45 am – 8:00 am
Open stretch	8:00 am – 8:30 am
Timed warm up	8:30 am – 9:45 am
March in	9:45 am – 9:55 am
Competition	9:55 am – 12:55 pm
Awards	12:55 pm

Session 5

Level 5 - 70 athletes

Vault	Bars	Beam	Floor
Flips - 13	Flips - 5	Dynamics - 10	TAGs EP - 8
Mini Hops - 4	No Boundries - 3	Jam Hops - 6	Dynamics - 3
	Tags EP - 9	Rum River Gold - 2	TCT - 7

Registration	1:00 pm – 1:15 pm
Open Stretch	1:15 pm – 1:45 pm
Timed warm up	1:45 pm – 3:05 pm
March in	3:05 pm – 3:15 pm
Competition	3:15 pm – 6:15 pm
Awards	6:15 pm

Session 6

Level 6 – 45 athletes

Vault	Bars	Beam	Floor
Flips - 9	Tags EP - 7	Dynamics - 9	Rum River Gold - 7
	Jam Hops - 5	TCT - 4	Mini Hops - 4

Registration	6:15 pm – 6:30 pm
Open Stretch	6:30 pm – 7:00 pm
Timed warm up	7:00 pm – 7:50 pm
March in	7:50 pm – 8:00 pm
Competition	8:00 pm – 9:30 pm
Awards	9:30 pm