

You're the One Invite – Hendersonville High School September 20-21, 2008

SATURDAY SCHEDULE

Session I – Level 3 – Mod. Capital Cup (61)

General Stretch	8:00-8:20
March In	8:20-8:35
Competition	8:35-11:00
Awards	11:00-11:30

Session II – Level 4 – True Capital Cup (71)

Teams – Action, East TN, Gym Center Chatt, Harpeth(ages 6-10), Intrigue, Master's, Premier West

General Stretch	11:15-11:35
March In	11:35-11:50
Timed Warmups (Flight A)	11:50-12:00
Competition	12:00-2:20
Awards	2:20-3:05

Session III – Level 4 – True Capital Cup (63)

Teams –CEGC, Gymnastics Counts (ages 9&10), Harpeth(ages 11+), Let It Shine, Magnitude(7-8), SEGA, Tataru's, Wimbleton

General Stretch	2:30-2:50
March In	2:50-3:05
Timed Warmups (Flight A)	3:05-3:15
Competition	3:15-5:25
Awards	5:25-6:10

Session IV – Level 4 – True Capital Cup (68)

Teams – Discovery, ETC, Gymnastics Counts (6-8&11+), Gaby's, Magnitude(9+), Premier Knoxville, Tri Star, Victory

General Stretch	5:45-6:05
March In	6:05-6:20
Timed Warmups (Flight A)	6:20-6:30
Competition	6:30-8:50
Awards	8:50-9:25

SUNDAY SCHEDULE

Session V – Level 5 – True Capital Cup (66)

Teams – Action, East TN, Gym Center Chatt., Gymnastics Counts, Premier Knoxville, Premier West, SEGA, Tataru's, Victory, Wimbleton

General Stretch	8:00-8:20
March In	8:20-8:35
Timed Warmups (Flight A)	8:35-8:45
Competition	8:45-11:10
Awards	11:10-11:55

Session VI – Level 5 – True Capital Cup (66)

Teams – CEGC, Discovery, ETC, Intrigue, Let It Shine, Master's, Premier Knoxville, Tri Star, Universal

General Stretch	11:30-11:50
March In	11:50-12:05
Timed Warmups (Flight A)	12:05-12:15
Competition	12:15-2:55
Awards	2:55-3:40

Session VII – Level 6 – Mod. Capital Cup (48)

General Stretch	3:15-3:30
March In	3:30-3:45
Competition	3:45-6:00
Awards	6:00-6:30