



## **2011 PREP OPT STATE MEET SCHEDULE**

### **SATURDAY, MARCH 19<sup>TH</sup>, 2011**

#### **SESSION 1**

BRONZE (5-6,9 Year Olds and 12 and over)  
8:00am Open Stretch  
8:20am March In  
8:30am Warm Up Squad A  
8:35am Competition Begins  
10:45am Awards

#### **SESSION 2**

BRONZE (7 and 11 Year olds)  
11:30am Open Stretch  
11:50am March In  
12:00pm Warm Up Squad A  
12:05pm Competition Begins  
2:15pm Awards

#### **SESSION 3**

BRONZE (8 and 10 Year Olds)  
2:45pm Open Stretch  
3:05pm March In  
3:15pm Warm Up Squad A  
3:20pm Competition Begins  
5:30pm Awards

#### **SESSION 4**

PLATINUM (ALL AGES)  
6:15pm Open Stretch  
6:35pm March In  
6:45pm Warm up Squad A  
6:55pm Competition Begins  
9:50pm Awards

### **SUNDAY, MARCH 20<sup>TH</sup>, 2011**

#### **SESSION 5**

SILVER (10, 11 and 13 Year Olds)  
8:00am Open Stretch  
8:20am March In  
8:30am Warm Up Squad A  
8:45am Competition Begins  
12:00pm Awards

#### **SESSION 6**

SILVER (7, 8, 9, 12 Year Olds and 14 and over)  
12:30pm Open Stretch  
12:50pm March In  
1:00pm Warm Up Squad A  
1:15pm Competition Begins  
4:30pm Awards

#### **SESSION 7**

GOLD (ALL AGES)  
5:00pm Open Stretch  
5:20pm March In  
5:30pm Warm Up Squad A  
5:45pm Competitions Begins  
9:15pm Awards

**\*\*\*ALL AGES ARE BASED ON HOW OLD THE GYMNAST IS AS  
OF MAY, 1<sup>ST</sup> 2011.\*\*\***

**COACHES – PLEASE MAKE SURE ALL OF YOUR GYMNASTS ARRIVE AT LEAST 30 MINS PRIOR TO THEIR SESSION  
STARTING TIME. WE EXPECT TO RUN EARLY ON SOME SESSIONS AND WE WILL START SESSION AS MUCH AS 30  
MINUTES EARLY. THERE IS PLENTY OF PARKING AND SEATING SO PLEASE MAKE SURE YOUR GYMNASTS ARRIVE  
EARLY.**