

**2018 WOODSON YMCA STARLIGHT INVITATIONAL**  
**FINAL Time Schedule and Rotation/Competition**  
**Schedule - SATURDAY January 13 2018**  
**Modified Capitol Cup Format**

**Level 7-8-9 Session 1**

**Gym opens** 7:45 A.M.  
**Stretch** 8:00 – 8:20 A.M.  
**Warm-Ups & Competition** 8:20 – 12:00 P.M.  
*Level 8-9 March-in and awards immediately following competition – Awards in south fitness studio*  
*Level 7 March-in and awards follows next session - Session 2 – Awards in south fitness studio*

**Vault, Beam, Bars, Floor**  
 LaCrosse 7's (13)

**Bars, Floor, Beam, Vault** **Total 55 gymnasts**  
 Green Bay 8's (8) Wausau 8's (6)

**Beam, Vault, Floor, Bars**  
 Kettle Moraine 7's (5) 8's(2) LaCrosse 8's (7)

**Floor, Bars, Vault, Beam**  
 Green Bay 7's (4) Fondy 8's (3) **Sheboygan 8's (2)** M/M 8's (4) Eau Claire 9's (1)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

**Level 6 and Level 7 – Session 2**

**Stretch & Bar Settings** 11:50 – 12:10 P.M.  
*Stretch in Jr. Gymnastics Training Center*  
*Bar sets immediately following Session 1 competition*

**Warm-ups & Competition** 12:10 – 4:10 P.M.  
*Level 6 and Level 7 March-in and awards immediately following competition – Awards in south fitness studio*

**Vault, Beam, Bars, Floor**  
 LaCrosse 6's (7) Wausau 6's (1) Wausau 7's (8)

**Bars, Floor, Beam, Vault** **Total 67 gymnasts**  
 Green Bay 6's (4) Manitowoc 7's (2) Eau Claire 7's (10)

**Beam, Vault, Floor, Bars**  
 Kettle Moraine 6's (7) St. Point 6's (2) Fond du Lac 6's (2) 7's (5)

**Floor, Bars, Vault, Beam**  
 M/M 6's (10) Eau Claire 6's (9)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

# 2018 WOODSON YMCA STARLIGHT INVITATIONAL

FINAL Time Schedule and Rotation/Competition

Schedule - SATURDAY January 13 2018

Modified Capitol Cup Format

## Level 1, Level 2, Xcel Bronze – Session 3

**Stretch & Bar Settings** 3:50 – 4:10 P.M.

*Stretch in Jr. Gymnastics Training Center. Bar sets immediately following Session 2 competition.*

**Warm-Ups & Competition** 4:10 – 5:30 P.M.

*Level 1, Level 2, and Xcel Bronze March-in and awards immediately following competition - Awards in south fitness studio*

**Vault, Beam, Bars, Floor**

Wausau 2's (14) St. Point 2's (1) Bronze (1)

**Total 69 gymnasts**

**Bars, Floor, Beam, Vault**

Sheboygan 1's (5) 2's(4) Bronze (1) Eau Claire 2's (8)

**Beam, Vault, Floor, Bars**

Fond du Lac 1's (4) 2's (13)

**Floor, Bars, Vault, Beam**

SWC Bronze (3) 2's (9) Green Bay 2's (6)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

## Level 5 and Xcel Gold – Session 4

**Stretch & Bar Settings** 5:20 – 5:40 P.M.

*Stretch in Jr. Gymnastics Training Center. Bar sets immediately following Session 3 competition.*

**Warm-Ups & Competition** 5:40 – 8:40 P.M.

*Level 5 and Xcel Gold March-in and awards immediately following competition – Awards in south fitness studio*

**Vault, Beam, Bars, Floor**

Green Bay Gold (7) 5's (6) SWC 5's (2) Gold (1)

**Total 59 gymnasts**

**Bars, Floor, Beam, Vault**

Wausau 5's (15)

**Beam, Vault, Floor, Bars**

Eau Claire 5's (6) St. Point 5's (4) Gold (2)

**Floor, Bars, Vault, Beam**

LaCrosse 5's (6) Sheboygan 5's (1) Gold (3) Fond du Lac 5's (3) Gold (3)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

# 2018 WOODSON YMCA STARLIGHT INVITATIONAL

FINAL Time Schedule and Rotation/Competition

Schedule - SUNDAY January 14 2018

Modified Capitol Cup Format

## Level 3 - Session 5

Gym opens	7:45 A.M.
Stretch & Bar Settings	8:00 – 8:20 A.M.
Warm-Ups & Competition	8:20 – 11:20 A.M.

*Level 3 March-in and awards follows next session - Session 6 – Awards in south fitness studio*

### Vault, Beam, Bars, Floor

Manitowoc 3's (10) MUST HAVE 2 COACHES      Eau Claire 3's (9) MUST HAVE 2 COACHES

### Bars, Floor, Beam, Vault

Wausau 3's (11) MUST HAVE 2 COACHES      Sheboygan 3's (4)      Total 76 gymnasts

### Beam, Vault, Floor, Bars

Manitowoc 3's (10) MUST HAVE 2 COACHES      Eau Claire 3's (9) MUST HAVE 2 COACHES

### Floor, Bars, Vault, Beam

Wausau 3's (10) MUST HAVE 2 COACHES      M/M 3's (13)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

## Level 3 / Xcel Silver - Session 6

Stretch & Bar Settings	11:10 – 11:30 A.M.
------------------------	--------------------

*Stretch in Jr. Gymnastics Training Center.*

*Bar sets immediately following Session 5 competition.*

Warm-Ups & Competition	11:30 – 2:00 P.M.
------------------------	-------------------

*Level 3 and Xcel Silver March-in and awards immediately following competition -Awards in south fitness studio*

### Vault, Beam, Bars, Floor

LaCrosse 3's (9) MUST HAVE 2 COACHES      Green Bay 3's (11)

### Bars, Floor, Beam, Vault

Fond du Lac 3's (11) Silver (1)      Total 67 gymnasts

### Beam, Vault, Floor, Bars

LaCrosse 3's (8) MUST HAVE 2 COACHES      SWC 3's (6) Silver (1)      Green Bay Silver (4)

### Floor, Bars, Vault, Beam

St. Point 3's (8) Silver (3)      Eau Claire Silver (5)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

# 2018 WOODSON YMCA STARLIGHT INVITATIONAL

FINAL Time Schedule and Rotation/Competition

Schedule - SUNDAY January 14 2018

Modified Capitol Cup Format

## Level 4 - Session 7

### **Stretch & Bar Settings**

1:50 – 2:10 P.M.

*Stretch in Jr. Gymnastics Training Center.*

*Bar sets immediately following Session 6 competition.*

### **Warm-Ups & Competition**

2:10 – 4:50 P.M.

*Level 4 March-in and awards follows next session - Session 8 – Awards in south fitness studio*

### **Vault, Beam, Bars, Floor**

**Total 51 gymnasts**

Wausau (10) **MUST HAVE 2 COACHES**

### **Bars, Floor, Beam, Vault**

Eau Claire (17) **MUST HAVE 2 COACHES and SPLIT**

### **Beam, Vault, Floor, Bars**

Wausau (10) **MUST HAVE 2 COACHES**

### **Floor, Bars, Vault, Beam**

St. Point (8) SWC (6)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

## **Level 4 - Session 8**

### **Stretch & Bar Settings**

4:40 – 5:00 P.M.

*Stretch in Jr. Gymnastics Training Center.*

*Bar sets immediately following Session 7 competition.*

### **Warm-Ups & Competition**

5:00 – 7:10 P.M.

*March-in and awards immediately following competition – Awards in south fitness studio*

### **Vault, Beam, Bars, Floor**

**Total 45 gymnasts**

LaCrosse (12)

### **Bars, Floor, Beam, Vault**

Manitowoc (10)

### **Beam, Vault, Floor, Bars**

Fond du Lac (12)

### **Floor, Bars, Vault, Beam**

Green Bay (6) M/M (4) **Sheboygan (1)**

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.