



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



The Greater Marinette-Menominee YMCA 1600 West Drive., Menominee, MI 49858
SATURDAY January 20, 2018

WELCOME: DOOR COUNTY, GREEN BAY, HEART OF THE VALLEY,
, MANITOWOC AND SHEBOYGAN

SATURDAY GYM OPENS: 7:45AM

SESSION 1: LEVELS 4 (39) Warm up 8-8:15 Competition 8:20-10:05

GB (12) 2 COACHES..... BEAM VAULT FLOOR BARS
DC (2) SH (5) MM(4)..... VAULT BEAM BARS FLOOR
HOTV (8) FLOOR BARS VAULT BEAM
HOTV (8)BARS FLOOR BEAM VAULT

SESSION 2: LEVELS 1(14) 2(36) Warm up 10:05-10:20 Competition 10:20-11:40

GB (13) 2 COACHES)..... BEAM VAULT FLOOR BARS
MM 2 (9) SH 1(2) 2(5)..... VAULT BEAM BARS FLOOR
DC 2 (9)..... FLOOR BARS VAULT BEAM
MM 1 (12).....BARS FLOOR BEAM VAULT

SESSION 3: LEVEL 3 (47) Warm up 11:40-12:00 Competition 12:00-1:45

GB (13) BEAM VAULT FLOOR BARS
MM (12) VAULT BEAM BARS FLOOR
SH (4) HOTV (8) FLOOR BARS VAULT BEAM
HOTV (8)BARS FLOOR BEAM VAULT

SESSION 4: LEVELS 5(22) 6 (22) Warm up 1:45-2:05 Competition 2:05-4:00

GB 5 (8) 6 (4)..... BEAM VAULT FLOOR BARS
MM (10)..... VAULT BEAM BARS FLOOR
DC 6 (7) SH 5 (2) 6 (1)..... FLOOR BARS VAULT BEAM
HOTV 5 (12)..... ..BARS FLOOR BEAM VAULT

SESSION 5: LEVELS B (1) S(25) G (27) Warm up 4:00-4:20 Competition 4:20-6:25

GB S (9) SH B(1) S(1) G(4)..... BEAM VAULT FLOOR BARS
GB G (12) VAULT BEAM BARS FLOOR
DC S (7) G (5).....FLOOR BARS VAULT BEAM
MM S (8) G (6))..... ..BARS FLOOR BEAM VAULT

SESSION 6: LEVELS 7(14) 8(18) 9(2) P (2) Warm up 6:25-6:45 Competition 6:45-9:00

HOTV 7(30 8(4) 9(1)..... BEAM VAULT FLOOR BARS
DC P(2) 7(2) MAN 7 (2) MM 8(4)..... VAULT BEAM BARS FLOOR
GB 8(8) 9(1)..... FLOOR BARS VAULT BEAM
SH 7(1) 8(2) GB 7(6).....BARS FLOOR BEAM VAULT