

# **GYMNASTICS UNLIMITED 2010 ROCKY INVITATIONAL 3/6/10 - 3/7/10**

**Saturday 3/6/10**

## **SESSION #1- Level 7**

### **Modified Traditional Format**

|                             |          |
|-----------------------------|----------|
| Open Stretch & Bar Settings | 12:00 PM |
| Coaches Meeting             | 12:10 PM |
| Spectators Admitted         | 12:00 PM |
| March In                    | 12:30 PM |
| Awards                      | 4:30 PM  |

## **SESSION #2- Level 9-10**

### **Modified Traditional Format**

|                             |         |
|-----------------------------|---------|
| Open Stretch & Bar Settings | 5:00 PM |
| Coaches Meeting             | 5:10 PM |
| Spectators Admitted         | 5:00 PM |
| March In                    | 5:30 PM |
| Awards                      | 9:00 PM |

**Sunday 3/7/10**

## **SESSION #3- Level 8**

### **Modified Traditional Format**

|                             |          |
|-----------------------------|----------|
| Open Stretch & Bar Settings | 12:00 PM |
| Coaches Meeting             | 12:10 PM |
| Spectators Admitted         | 12:00 PM |
| March In                    | 12:30 PM |
| Awards                      | 4:00 PM  |