

spring twist

38 Gymnasts Level 5 SESSION 1

9-9:20am Check in open stretch
9:20-9:30 Introduction/anthym
 9:30-11:30 Competition Mod Trad. (warm up/compete)
 11:45pm Awards

39 Gymnasts Levels 5 (28) & 8 (11) SESSION 2

12:30pm Check in & open stretch
12:55pm Introduction (no Ntl Anthym)
 1:00pm Warm up/Competition Mod Trad. (Warm up/Compete)
 3:45pm Awards

"Special" Awards

Level 5:
 Best TOE POINT/LEG FORM on Bars
 Best RUN on Vault
 Best STRADDLE Jump on Floor
 Best Leap on Beam

Level 8:
 Best Piroette on Bars
 Most Dynamic Leap and/or Jumps on Beam
 Best Stick on Vault
 Best Presentation on Floor

Gyms:	Level 5	Starting Event:
NGC		Vault (9)
BIG	14 (split 10 & 4)	Bars (10)
Phenom		Beam (10)
X-Cal		Floor (2)
Gainers		Floor (1)
Dreams		Floor (1)
BIG		Floor (4)

Gyms:	Starting Events:
	5's: vault (4) 8's: vault (4)
NGC	vault (4) Bars (7)
Phenom	
Phenom	Beam (8)
Olympia	Beam (4)
NGC	floor (5)
Palatine	Floor (7)

Judges for Meet:

Sue Brosnan (meet ref)
 Brystol Powelski
 Richard Sabel
 Judy Redmond
 Betty Axelson
 Leigh Ann Klaus
 Sharon Sargeant
 Amy Aguilar