

Saturday, March 19, 2011

Session 1 Mod. Trad Format Level 7 & Prep-Silver (46)	
Check-In	7:45 AM
Open Stretch	8:00-8:15 AM
Coaches Meeting	8:05 AM
Warm ups 1 st event	8:15-8:35 AM
Intro & Competition	8:35-11:35 AM
Awards	11:45 AM

Session 2 Mod. Trad Format Level 4 & 5 (62)	
Check-In	12:15 PM
Open Stretch	12:30-12:50 PM
Coaches Meeting	12:35 PM
Warm ups 1 st event	12:35-12:55 PM
Intro & Competition	12:55-3:55 PM
Awards	4:10 PM

Session 3 Mod. Trad Format Level 6, Prep Gold & Plat (37)	
Check-In	4:30 PM
Open Stretch	4:45-5:00 PM
Coaches Meeting	4:50 PM
Warm ups 1 st event	5:00-5:25 PM
Intro & Competition	5:25-7:30 PM
Awards	7:45 PM

Session 1 All Level 7 & Prep Silver
Session 2 All Level 4 and Level 5
Session 3 All Level 6, Prep Gold & Plat

Sunday, March 20, 2011

Session 4 Mod. Trad Format Prep- Bronze(46)	
Check-In	7:45 AM
Open Stretch	8:00-8:15 AM
Coaches Meeting	8:05 AM
Warm ups 1 st event	8:15-8:40 AM
Intro & Competition	8:40-11:15 AM
Awards	11:30 AM

Session 5 Trad Format Fun Meet (114)	
Check-In	12:00 PM
Open Stretch	12:15-12:30 PM
Coaches Meeting	12:20 PM
Warm up	12:20-1:20 PM
Intro & Competition	1:20-3:30 PM
Awards	3:40 PM

Session 6 Trad Format Fun Meet (102)	
Check-In	4:00 PM
Open Stretch	4:15-4:30 PM
Coaches Meeting	4:20 PM
Warm up	4:30-5:20 PM
Intro & Competition	5:20-7:10 PM
Awards	7:15 PM

Session 4 All Prep Bronze
Session 5 (FUN MEET) BG World – Bounce – Conrad's - Cutting Edge
 Maple City – Mills – Red Cedar- Sports Club of Novi
Session 6 (FUN MEET) Aerial Express - Bay Valley - Livonia Ultimate
 Mid Michigan – Splitz - Twistars

