



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



The Greater Marinette-Menominee YMCA 1600 West Drive, Menominee, MI 49858
SATURDAY January 18, 2020

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

SATURDAY GYM OPENS: 7:45AM

SESSION 1: LEVELS 1(24), 2(25) & Bronze (3) Warm up 8-8:20 Competition 8:25-10:30

WAU 2 (13) 2 COACHES.....	BEAM VAULT FLOOR BARS
M&M 1(17) 2 COACHES.....	VAULT BEAM BARS FLOOR
GB 2(12) SHEB 1(6) 2(4) BR (3).....	FLOOR BARS VAULT BEAM
DC 1(2) M&M 2(11).....	BARS FLOOR BEAM VAULT

SESSION 2: LEVELS 5(25) 6(27) Warm up 10:30-10:50 Competition 10:50-12:45

GB 5(3) 6(7) DC 6(2).....	BEAM VAULT FLOOR BARS
WAU 5(6) MM 6(6).....	VAULT BEAM BARS FLOOR
HOTV 5(12) 2 COACHES.....	FLOOR BARS VAULT BEAM
SHEB 5(4) 6(3) HOTV 6(9)	BARS FLOOR BEAM VAULT

SESSION 3: LEVEL 7 (16) 8(21) 9(2) PLATINUM (1) Warm up 12:45-1:15 Competition 1:15-3:45

HOTV 8(9) 9(1) 2 COACHES.....	BEAM VAULT FLOOR BARS
HOTV 7(5) DC 7(1) 8(1) MM 8(2)	VAULT BEAM BARS FLOOR
GB 8(9) 9(1)	FLOOR BARS VAULT BEAM
GB 7(9) SHEB PLAT(1)	BARS FLOOR BEAM VAULT

SESSION 4: LEVELS SILVER (34) GOLD(34) Warm up 3:45-4:05 Competition 4:05-7:00

GB 5(12) 2 COACHES.....	BEAM VAULT FLOOR BARS
DC 5(8) G(7) 2 COACHES.....	VAULT BEAM BARS FLOOR
GB G(11) SHEB G(6).....	FLOOR BARS VAULT BEAM
MM 5(13) G(10) 3 COACHES.....	BARS FLOOR BEAM VAULT



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The Greater Marinette-Menominee YMCA 1600 West Drive, Menominee, MI 49858
SUNDAY January 19, 2020

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

SUNDAY GYM OPENS: 7:45AM

SESSION 5: LEVEL 4 (48) Warm up 8:00-8:20 Competition 8:25-10:30

WAU 4(16) 2 COACHES.....	BEAM VAULT FLOOR BARS
DC 4(1) MM 4(5) SHEB 4(2).....	VAULT BEAM BARS FLOOR
GB 4(8).....	FLOOR BARS VAULT BEAM
HOTV 4(17) 2 COACHES	BARS FLOOR BEAM VAULT

SESSION 6: LEVEL 3 (61) Warm up 10:30-10:50 Competition 10:50-12:50

GB 3(10) SHEB 3(7).....	BEAM VAULT FLOOR BARS
MM 3(15) 2 COACHES	VAULT BEAM BARS FLOOR
GB 3(10)	FLOOR BARS VAULT BEAM
HOTV 3(10) WAU 3(9)	BARS FLOOR BEAM VAULT