

2018 WOODSON YMCA STARLIGHT INVITATIONAL
FINAL Time Schedule and Rotation/Competition
Schedule - SATURDAY January 13 2018
Modified Capitol Cup Format

Level 7-8-9 Session 1

Gym opens 7:45 A.M.
Stretch 8:00 – 8:20 A.M.
Warm-Ups & Competition 8:20 – 12:00 P.M.
Level 8-9 March-in and awards immediately following competition – Awards in south fitness studio
Level 7 March-in and awards follows next session - Session 2 – Awards in south fitness studio

Vault, Beam, Bars, Floor
LaCrosse 7's (13)

Bars, Floor, Beam, Vault **Total 55 gymnasts**
Green Bay 8's (8) Wausau 8's (6)

Beam, Vault, Floor, Bars
Kettle Moraine 7's (5) 8's(2) LaCrosse 8's (7)

Floor, Bars, Vault, Beam
Green Bay 7's (4) Fondy 8's (3) Sheboygan 8's (2) M/M 8's (4) Eau Claire 9's (1)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

Level 6 and Level 7 – Session 2

Stretch & Bar Settings 11:50 – 12:10 P.M.
Stretch in Jr. Gymnastics Training Center
Bar sets immediately following Session 1 competition

Warm-ups & Competition 12:10 – 4:10 P.M.
Level 6 and Level 7 March-in and awards immediately following competition – Awards in south fitness studio

Vault, Beam, Bars, Floor
LaCrosse 6's (7) Wausau 6's (1) Wausau 7's (8)

Bars, Floor, Beam, Vault **Total 67 gymnasts**
Green Bay 6's (4) Manitowoc 7's (2) Eau Claire 7's (10)

Beam, Vault, Floor, Bars
Kettle Moraine 6's (7) St. Point 6's (2) Fond du Lac 6's (2) 7's (5)

Floor, Bars, Vault, Beam
M/M 6's (10) Eau Claire 6's (9)

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Level 1, Level 2, Xcel Bronze – Session 3

Stretch & Bar Settings

3:50 – 4:10 P.M.

Stretch in Jr. Gymnastics Training Center. Bar sets immediately following Session 2 competition.

Warm-Ups & Competition

4:10 – 5:30 P.M.

Level 1, Level 2, and Xcel Bronze March-in and awards immediately following competition - Awards in south fitness studio

Vault, Beam, Bars, Floor

Wausau 2's (14) St. Point 2's (1) Bronze (1)

Total 69 gymnasts

Bars, Floor, Beam, Vault

Sheboygan 1's (5) 2's(4) Bronze (1) Eau Claire 2's (8)

Beam, Vault, Floor, Bars

Fond du Lac 1's (4) 2's (13)

Floor, Bars, Vault, Beam

SWC Bronze (3) 2's (9) Green Bay 2's (6)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

Level 5 and Xcel Gold – Session 4

Stretch & Bar Settings

5:20 – 5:40 P.M.

Stretch in Jr. Gymnastics Training Center. Bar sets immediately following Session 3 competition.

Warm-Ups & Competition

5:40 – 8:40 P.M.

Level 5 and Xcel Gold March-in and awards immediately following competition – Awards in south fitness studio

Vault, Beam, Bars, Floor

Green Bay Gold (7) 5's (6) SWC 5's (2) Gold (1)

Total 59 gymnasts

Bars, Floor, Beam, Vault

Wausau 5's (15)

Beam, Vault, Floor, Bars

Eau Claire 5's (6) St. Point 5's (4) Gold (2)

Floor, Bars, Vault, Beam

LaCrosse 5's (6) Sheboygan 5's (1) Gold (3) Fond du Lac 5's (3) Gold (3)

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Level 3 - Session 5

Gym opens 7:45 A.M.
Stretch & Bar Settings 8:00 – 8:20 A.M.
Warm-Ups & Competition 8:20 – 11:20 A.M.

Level 3 March-in and awards follows next session - Session 6 – Awards in south fitness studio

Vault, Beam, Bars, Floor

Manitowoc 3's (10) MUST HAVE 2 COACHES **Eau Claire 3's (9) MUST HAVE 2 COACHES**

Bars, Floor, Beam, Vault

Wausau 3's (11) MUST HAVE 2 COACHES **Sheboygan 3's (4)** **Total 76 gymnasts**

Beam, Vault, Floor, Bars

Manitowoc 3's (10) MUST HAVE 2 COACHES **Eau Claire 3's (9) MUST HAVE 2 COACHES**

Floor, Bars, Vault, Beam

Wausau 3's (10) MUST HAVE 2 COACHES **M/M 3's (13)**

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

Level 3 / Xcel Silver - Session 6

Stretch & Bar Settings 11:10 – 11:30 A.M.

Stretch in Jr. Gymnastics Training Center.

Bar sets immediately following Session 5 competition.

Warm-Ups & Competition

11:30 – 2:00 P.M.

Level 3 and Xcel Silver March-in and awards immediately following competition -Awards in south fitness studio

Vault, Beam, Bars, Floor

LaCrosse 3's (9) MUST HAVE 2 COACHES **Green Bay 3's (11)**

Bars, Floor, Beam, Vault

Fond du Lac 3's (11) Silver (1) **Total 67 gymnasts**

Beam, Vault, Floor, Bars

LaCrosse 3's (8) MUST HAVE 2 COACHES **SWC 3's (6) Silver (1)** **Green Bay Silver (4)**

Floor, Bars, Vault, Beam

St. Point 3's (8) Silver (3) **Eau Claire Silver (5)**

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Level 4 - Session 7

Stretch & Bar Settings

1:50 – 2:10 P.M.

Stretch in Jr. Gymnastics Training Center.

Bar sets immediately following Session 6 competition.

Warm-Ups & Competition

2:10 – 4:50 P.M.

Level 4 March-in and awards follows next session - Session 8 – Awards in south fitness studio

Vault, Beam, Bars, Floor

Wausau (10) MUST HAVE 2 COACHES Sheboygan (1)

Total 52 gymnasts

Bars, Floor, Beam, Vault

Eau Claire (17) MUST HAVE 2 COACHES and SPLIT

Beam, Vault, Floor, Bars

Wausau (10) MUST HAVE 2 COACHES

Floor, Bars, Vault, Beam

St. Point (8) SWC (6)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

Level 4 - Session 8

Stretch & Bar Settings

4:40 – 5:00 P.M.

Stretch in Jr. Gymnastics Training Center.

Bar sets immediately following Session 7 competition.

Warm-Ups & Competition

5:00 – 7:10 P.M.

March-in and awards immediately following competition – Awards in south fitness studio

Vault, Beam, Bars, Floor

LaCrosse (12)

Total 44 gymnasts

Bars, Floor, Beam, Vault

Manitowoc (10)

Beam, Vault, Floor, Bars

Fond du Lac (12)

Floor, Bars, Vault, Beam

Green Bay (6) M/M (4)

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