

2009 Joe Giallombardo Invitational – SESSION TIMES

Premier Gymnastics Academy

March 6, 7 & 8, 2009

Session 1 – Friday Level 5A**

American Eagles, Bartlett, Cary, EGGS, Gym-Kinetics, Gym Spot, Northbrook, Palatine, Premier West, Schaumburg, Tri-Star, Ultimate

Check In: 5:15pm **Timed Warm Up:** 5:35pm **Compete:** 6:50pm

Session 2 – Saturday ALL Level 6's

Check In: 7:30am **Timed Warm Up:** 8:00am **Compete:** 9:30am

Session 3 – Saturday ALL Level 7& 8's

Check In: 12:30pm

Warm Up first event of Modified Capital Cup: 12:50pm

Session 4 – Saturday ALL Level 9 & 10's

Check In: 5:10pm

Warm Up first event of Modified Capital Cup: 5:30pm

Session 5 – Sunday Level 4A**

American Eagles, Bartlett, CSA, Deveau's, Gym-Kinetics, I& M, Lakeshore, Oak Park, Summit

Check In: 7:30am **Timed Warm Up:** 8:00am **Compete:** 9:15am

Session 6 – Sunday Level 5B**

3 D, Buffalo Grove, CSA, Crystal Lake, Deveau's, Lakeshore, MEGA, Oak Park, Palmers, Prairie, Premier DG, St. Charles, Summit

Check In: 12:10pm **Timed Warm Up:** 12:30pm **Compete:** 1:40pm

Session 7 – Sunday Level 4B**

Cary, Crystal Lake, Gym Spot, MEGA, Northbrook, Palatine, Palmers, Prairie, Premier DG, Premier West, Schaumburg, St. Charles, Tri-Star

Check In: 4:40pm **Timed Warm Up:** 5:00pm **Compete:** 6:15pm

****Please Note which session your gym's Levels 4's and 5's will be competing in.**

Sessions 3 and 4 will be Modified Capital Cup = Warm up, compete on one set of equipment.