

Welcome to the Christmas “In The Motor City” Classic Boys Gymnastics Invitational competition hosted by the Michigan Academy of Gymnastics.

Sunday, December 5, 2010

**Session #1**

**Boys Levels 4 & 5 (43 gymnasts)**

**Warm Up Rotations as of November 5, 2010**

8:30 am Gymnast Check In / Open Stretch

8:45 am Coaches Meeting

**9:00 am Timed Warm Ups Begin**

*(10 minutes per group x 6 groups)*

10:00 am Timed Warm Ups end

10:10 am March In & Introductions

10:15 am Competition Begins

12:00 pm Awards

<u>Teams</u>	<u>L-4</u>	<u>L-5</u>
Twistars	---	---
Sunrise	----	2
Mid Michigan	1	2
Cutting Edge	3	7
BG World Class	---	1
MAG	8	10
<u>Infinity</u>	---	9
	12	31

Group A      BG World Class -1      **Warm Up:**      FX PH Rings Vault P-Bars HB  
(3)              Sunrise - 2

-----  
Group B      Cutting Edge      **Warm Up:**      PH Rings Vault P-Bars HB FX  
(3&7)

-----  
Group C      MAG – 10      **Warm Up:**      Rings Vault P-Bars HB FX PH  
(10 L-5)

-----  
Group D      MAG - 8      **Warm Up:**      Vault P-Bars HB FX PH Rings  
(8)

-----  
Group E      Infinity – 9      **Warm Up:**      P-Bars HB FX PH Rings Vault  
(9)

-----  
Group F      Mid- Michigan - 3      **Warm Up:**      HB FX PH Rings Vault P-Bars  
(3)

***\*Begin Competition on last Warm Up Event***

***As of November 5, 2010 (2:00 pm)***

Welcome to the Christmas "In The Motor City" Classic Boys Gymnastics Invitational competition hosted by the Michigan Academy of Gymnastics.

Sunday, December 5, 2010

**Session #2**

**Boys Level 6-10** (36 gymnasts)

1:00 pm Gymnast Check In / Open Stretch

1:15 pm Coaches Meeting

1:30 pm Timed Warm Ups Begin

*(7 minutes per group x 6 groups)*

2:15 pm Timed Warm Ups end

2:20 pm March In & Introductions

2:30 pm Competition Begins

4:00 pm Awards

<u>Teams</u>	<u>L-6</u>	<u>L-7</u>	<u>L-8</u>	<u>L-9</u>	<u>L-10</u>
MAG	7	8	----	1	2
BG World Class	---	1	----	----	----
Mid Michigan	4	----	----	----	2
Sunrise	1	----	----	----	1
Twistars	----	4	----	----	1
Infinity	<u>3</u>	----	<u>1</u>	----	----
	15	13	1	1	6

**Rotations as of  
November 5, 2010**

Group A

(6) Infinity – 3 & 1  
Sunrise – 2

**Warm Up:** FX PH Rings Vault P-Bars HB

Group B

(7) MAG - 7

**Warm Up:** PH Rings Vault P-Bars HB FX

Group C

(3) MAG -3

**Warm Up:** Rings Vault P-Bars HB FX PH

Group D

(8) MAG – 8

**arm Up:** Vault P-Bars HB FX PH Rings

Group E

(6) Twistars – 4 & 1  
BG World Class -1

**Warm Up:** P-Bars HB FX PH Rings Vault

Group F

(6) Mid Michigan – 4 & 2

**Warm Up:** HB FX PH Rings Vault P-Bars

**\*Begin Competition on last Warm Up Event**

**As of November 5, 2010 (3:00 pm)**