

3RD SECTIONAL @ GYMSTRADA
LEVEL 4 & LEVEL 5
APRIL 12 – 13, 2008

Saturday APRIL 12, 2008

Session 1		1:00pm	Open Stretch		
		1:30pm	Meet begins		
		4:30pm	Awards		
Cartwheels	Level 4	Creative Fitness	Level 4	Galax Gayners	Level 4
Lynchburg Academy	Level 4	Arlington	Level 5	Woods	Level 4
Apollo	Level 5	Botetart	Level 5	Windsor	Level 5
VA Techniques	Level 5	Youth Sports	Level 5	King George	Level 5
NVGA	Level 5	Mecklenburg	Level 5	Roanoke Acad.	Level 5
Novaks	Level 5	Majik Saints	Level 5	Flipateers	Level 5
Fluvanna	Level 5	Hurricanes	Level 5	Hurricanes	Level 4s
Stafford Royals	Level 5				

Session 2		5:00pm	Open Stretch		
		5:30pm	Meet begins		
		9:00pm	Awards		
Botetourt	Level 4	NVGA	Level 4	VA Techniques	Level 4
Youth Sports	Level 4	Arlington Aerials	Level 4	King George	Level 4
Majik Saints	Level 4	Windsor	Level 4	Fulvanna	Level 4
Woods	Level 4	Mecklengurg	Level 4	Apollo	Level 4
Roanoke Acad	Level 4 (2 coaches)				

3RD SECTIONAL @ GYMSTRADA
LEVEL 4 & LEVEL 5
APRIL 12 – 13, 2008

Sunday, April 13, 2008

Session 3		8:00am	Open Stretch		
		8:30am	Meet begins		
		11:00am	Awards		
Capital	Level 4 (3 coaches)	All American	Level 4	Shenandoah	Level 4
VIGS	Level 4	Warrenton	Level 4	All Star	Level 4
Paragon	Level 4	Williamsburg	Level 4	Chantilly	Level 4
SPGA	Level 4	Competitive Edge	Level 4	Richmond Olympiad	Level 4
WISC	Level 4				

Session 4		12:00pm	Open Stretch		
		12:30pm	Meet begins		
		3:00pm	Awards		
Warrenton	Level 5	Loudon	Level 5 (2 coaches)	Competitive Edge	Level 5
VIGS	Level 5	Capital	Level 5 (2 coaches)	All American	Level 5
WISC	Level 5	Richmond Olympiad	Level 5 (2 coaches)	All Star	Level 5
Loudon	Level 4 (2 coaches)			Chantilly	Level 5

Session 5		4:00pm	Open Stretch		
		4:30pm	Meet begins		
		7:00pm	Awards		
Gymstrada	Level 4 (3 coaches)		Gymstrada	Level 5 (2 coaches)	
Tripple T	Level 4/5		Gym Inc	Level 4/5 (2 coaches)	
World Class	Level 5		Excalibur	Level 4/5	
Ocean Tumblers	Level 5				