

2009 Cahoy's Teddy Bear USAG Invitational Schedule

Sunday October 18, 2009

Session 1: All Level 5's

Megan Adams	Ashly Helfrich	Lindsay Nigh
Emma Bornhoft	Claire Kolkman	Kaylee Wiemers
Tessa DeCanti	Kayla Nigh	

Arrive at the gym prior to Open Stretch

8:00am Open Stretch – Gymnasts should ready at 8:00 am.

8:30 Warm-ups – Individual Events

9:45 March In / Competition

11:15 Awards

Session 2: All Level 6's

Mary Frerichs	Riana Noelle
Maeanna Hall	Casey Tillisch

Arrive at the gym prior to Open Stretch

12:30 Open Stretch - Gymnasts should be ready at 12:30 pm.

1:00 Warm ups - Individual Events

1:45 March In / Competition

2:50 Awards

Session 3: All Level 4's

Meghan Arena	Carly Herman	Coco Rounds	Ashley Straub
Emma DeCanti	Grace Holst	Emily Sander	Taylor Tillisch
Kylie Grause	Lauren Johnson	Megan Stevens	Nicole Torres
Johnalia Hall			

Arrive at the gym prior to Open Stretch

4:00 Open Stretch – Gymnasts should be ready at 4:00 pm.

4:30 Warm-ups – Individual Events

5:30 March In / Competition

6:45 Awards