

2009 Twister Invitational Final Schedule

Sunday, October 25, 2009

Session 1: 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

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

8:15 am Warm-ups – Individual Events

9:20 am March In / Competition

Awards to Follow

Session 2: All Level 6's

Mary Frerichs	Riana Noelle
Maeanna Hall	Casey Tillisch

Arrive at the gym prior to Open Stretch

11:30 am Open Stretch - Gymnasts should be ready at 11:30 am.

12:00 pm Warm ups - Individual Events

12:45 pm March In / Competition

Awards to Follow

Session 3: 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

2:45 pm Open Stretch – Gymnasts should ready at 2:45 pm.

3:00 pm Warm-ups – Individual Events

4:10 pm March In / Competition

Awards to Follow