



SATURDAY, JANUARY 18, 2014 – MENS COMPETITION

SESSION 1: LEVELS 4 & 5: GREEN MOUNTAIN, CENTRAL VERMONT GYMNAS TIC ACADEMY, HEAD OVER HEELS, KINGDOM, LE STUDIO

OPEN STRETCH 12:00 PM/TIMED WARM 12:20 PM/MARCH IN 12:40 PM/AWARDS 2:50 PM

SUNDAY, JANUARY 19, 2014 – WOMENS COMPETITION

SESSION 1: LEVELS 3 & 4: CHAMPLAIN VALLEY, CENTRAL VERMONT GYMNAS TIC ACADEMY, COBRA, BRATTLEBORO, HEAD OVER HEELS, KINGDOM, LE STUDIO

OPEN STRETCH 8:00 AM/TIMED WARM 8:20 AM/MARCH IN 8:40 AM/AWARDS 11:50 AM

SESSION 2: LEVELS 5,6,7,8,&9/XCEL BRONZE, DIAMOND & PLATINUM: GREEN MOUNTAIN, BRATTLEBORO, CENTRAL VERMONT GYMNAS TIC ACADEMY, KINGDOM, PURE ENERGY, PIONEER, COBRA, LE STUDIO

OPEN STRETCH 12:30 PM/TIMED WARM 12:50 PM/MARCH IN 1:10 PM/AWARDS 3:20 PM

SESSION 3: XCEL SILVER & GOLD: GREEN MOUNTAIN, PURE ENERGY, PIONEER, COBRA, LE STUDIO

OPEN STRETCH 4:00 PM/TIMED WARM 4:20 PM/MARCH IN 4:40 PM/AWARDS 6:40 PM