



Hosted By: ASI Plano West

**UPDATED 04/03/19**

**\*Doors Will Open 15 Minutes Prior to Open Stretch for Each Session\***

**Saturday April 13, 2019**

**Session 1**

Level 1: Corinth, Olympo, Shooting Stars, Texas Elite

Level XB: Aero Gymnastics, East Texas Gymnastics, Elevate Gymnastics, JCC, Olympo, Texas Dreams

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:20 AM

Competition 8:30 AM

Awards 10:10 AM

## **Saturday April 13, 2019**

### **Session 2**

Level 2: Corinth, Olympo, Shooting Stars, United Elite

Level 3A: ASI Firewheel, ASI Mesquite, Plano Aerobats, Texas Dreams, Texas Gymnastics Training Center

Coaches' Meeting 11:00 AM

Open Stretch 11:05 AM

March In 11:20 AM

Competition 11:30 AM

Awards 1:10 PM

### **Session 3**

Level XS: Aero Gymnastics, ASI Allen, ASI Firewheel, ASI Lake Highlands, ASI Mesquite, ASI Plano West, East Texas Gymnastics, Elevate Gymnastics, JCC, Olympo, Texas Dreams, United Elite

Coaches' Meeting 2:00 PM

Open Stretch 2:05 PM

March In 2:20 PM

Competition 2:30 PM

Awards 4:40 PM

### **Session 4**

Level 4: ASI Firewheel, ASI Lake Highlands, ASI Plano West, Corinth, Metroplex Gymnastics, Plano Aerobats, Texas Dreams, Texas Elite, Texas Gymnastics Training Center, United Elite

Coaches' Meeting 5:30 PM

Open Stretch 5:35 PM

March In 5:50 PM

Competition 6:00 PM

Awards 8:30 PM

## **Sunday April 14, 2019**

### **Session 5**

Level 3P: ASI Allen, ASI Lake Highlands, ASI Mesquite, ASI Plano West, ASI Rockwall, Corinth, JCC, Olympo, Plano Aerobats, Shooting Stars, Texas Elite, Texas Gymnastics Training Center, United Elite

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:20 AM

Competition 8:30 AM

Awards 10:50 AM

### **Session 6**

Level 5: ASI Firewheel, ASI Lake Highlands, ASI Mesquite, ASI Plano West, Corinth, Plano Aerobats, Texas Gymnastics Training Center

Level 7: United Elite

Level 8: United Elite

Level XP: Aero Gymnastics, Corinth, Texas Dreams, United Elite

Coaches' Meeting 11:40 AM

Open Stretch 11:45 AM

March In 12:00 PM

Competition 12:10 PM

Awards 3:15 PM

**Sunday April 14, 2019**

**Session 7**

Level 6: Corinth, Plano Aerobats, United Elite

Level XG: Aero Gymnastics, Corinth, East Texas Gymnastics, Olympo, Texas Dreams, United Elite

Coaches' Meeting 4:05 PM

Open Stretch 4:10 PM

March In 4:25 PM

Competition 4:35 PM

Awards 7:30 PM