



Hosted by: ASI Plano West

December 7-9, 2018

Doors Will Open 15 Minutes Prior to Open Stretch

Friday December 7, 2018

Session 1

Level 1: ASI Mesquite (Coach Jon/Carly, Coach Allison), ASI Plano West (Coach Sarah),
ASI Rockwall (Coach Jackie)

Level 2: ASI Firewheel (Coach Brittnee), ASI Mesquite, ASI Plano West, ASI Rockwall

Coaches' Meeting 5:55 PM

Open Stretch 6:00 PM

March In 6:15 PM

Competition 6:25 PM

Awards 8:20 PM

Saturday December 8, 2018

Session 2

Level 1: ASI Allen (Coach Jen, Coach Brie), ASI Arlington (Coach DaBraná M@4),
ASI Firewheel (Coach Megan), ASI Mesquite (Coach Zari, Coach Kendra, Coach Tori),
ASI Plano West (Coach Hannah, Coach Joanne)

Coaches' Meeting	8:00 AM
Open Stretch	8:05 AM
March In	8:20 AM
Competition	8:30 AM
Awards	10:25 AM

Session 3

Level 1: ASI Arlington (Coach Mercedes T@4, Coach DaBraná TH@4:30),
ASI Keller (Coach Savannah, Coach Brittany), ASI Lake Highlands (Coach Libby),
ASI Plano West (Coach Meredith), ASI Rockwall (Coach Taylor)

Level 2: ASI Allen (Coach Casey/Brie), ASI Keller (Coach Julio), JCC

Coaches' Meeting	11:10 AM
Open Stretch	11:15 AM
March In	11:30 AM
Competition	11:40 AM
Awards	1:35 PM

Saturday December 8, 2018

Session 4

Level 1: ASI Allen (Coach AJ), ASI Arlington (Coach Olivia, Coach Mercedes W@4),
ASI Firewheel (Coach Leith, Coach Tanner, Coach Gabbie),
ASI Keller (Coach Marissa, Coach Kiersten),
ASI Lake Highlands (Coach Nereida, Coach Peter)

Coaches' Meeting 2:20 PM

Open Stretch 2:25 PM

March In 2:40 PM

Competition 2:50 PM

Awards 4:45 PM

Session 5

Level 2: Apex Gymnastics, ASI Allen (Coach Jen/Holland),
ASI Arlington (Coach Alia, Coach Laureen/Mercedes),
ASI Firewheel (Coach Gabbie/Darian), ASI Keller (Coach Kiersten, Coach Taryn),
ASI Lake Highlands (Coach Jasilyn), United Elite

Level XB: AERO Gymnastics

Coaches' Meeting 5:30 PM

Open Stretch 5:35 PM

March In 5:50 PM

Competition 6:00 PM

Awards 7:55 PM

Sunday December 9, 2018

Session 6

Level 3: ASI Allen, ASI Arlington (Coach Mercedes/Eleanor), ASI Firewheel, ASI Lake Highlands, ASI Mesquite (Coach Alexis), ASI Rockwall, United Elite

Level XG: AERO Gymnastics, ASI Mesquite, United Elite

Level 7: United Elite

Coaches' Meeting 8:00 AM

Open Stretch 8:05 AM

March In 8:20 AM

Competition 8:30 AM

Awards 11:30 AM

Session 7

Level 4: Apex Gymnastics, ASI Firewheel, ASI Keller, ASI Lake Highlands, ASI Plano West, Spirals Gymnastics, United Elite

Level 5: Apex Gymnastics, ASI Firewheel, ASI Lake Highlands, ASI Mesquite, ASI Plano West, ASI Rockwall

Level 6: United Elite

Level XP: AERO Gymnastics, United Elite

Coaches' Meeting 12:15 PM

Open Stretch 12:20 PM

March In 12:35 PM

Competition 12:45 PM

Awards 3:45 PM

Sunday December 9, 2018

Session 8

Level 3: ASI Arlington (Coach Laureen/DaBrana), ASI Keller, ASI Mesquite (Coach Alyssa),
ASI Plano West

Level XS: AERO Gymnastics, ASI Allen, ASI Arlington, ASI Firewheel, ASI Keller, ASI Lake Highlands,
ASI Mesquite, ASI Plano West, United Elite

Coaches' Meeting 4:30 PM

Open Stretch 4:35 PM

March In 4:50 PM

Competition 5:00 PM

Awards 7:15 PM