

# **2009 Harvest Hoedown**

## **COMPETITION SCHEDULE**

**SATURDAY, November 7, 2009**

### **SESSION ONE - CAPITAL CUP FORMAT**

**Level 2, 3 - All Ages**

**Gymnasts 36**

**8:00-8:20 General Stretch  
8:20-8:30 Timed Warm-Up 1st Event  
8:30-8:45 March In  
8:45-10:15 Competition**

### **SESSION TWO - CAPITAL CUP FORMAT**

**Level 4 - All Ages**

**Gymnasts 60**

**10:30-10:50 General Stretch  
10:50-11:05 Timed Warm-Up 1st Event  
11:05-11:20 March In  
11:20-2:30 Competition**

### **SESSION THREE - CAPITAL CUP FORMAT**

**Level 5, 6 - All Ages**

**Gymnasts 60**

**2:45-3:05 General Stretch  
3:05-3:20 Timed Warm-Up 1st Event  
3:20-3:35 March In  
3:35-9:00 Competition**