

# Arnold Gymnastics Challenge GIRLS COMPETITION SCHEDULE

## Teams Participating by Gym/Session

**Friday, March 5, 2010  
Gym A**

Session I	Level 5
Open Stretch	9:00-9:30
1st Flight Warm-Up	9:30-9:43
March In	9:43-9:58
Competition	9:58-12:46

Session II	Level 6/P & G Prep Op
Open Stretch	12:46-1:16
1st Flight Warm-Up	1:16-1:29
March In	1:29-1:44
Competition	1:44-4:46

<u>Club Name</u>	
Alpine *	14
Defiance	5
Flip Zone	10
Gymsport	5
Livonia	11
Summit	1
TOPS *	25
Universal *	16
Zanesville	<u>8</u>
	<u>95</u>

<u>Club Name</u>		<u>Club Name</u>	
Alpine (6)	1	Gymniks (6)	5
Bowling Green (6)	1	Gymsport (6)	1
Champion- Oh (G)	5	Hocking Valley (P)	1
Champion- USA (6)	13	Infinity (G)	3
Champion- USA (G)	3	Infinity (P)	4
Champion- USA (P)	2	Legacy (6)	1
Creative (G)	3	Livonia (6)	4
Creative (P)	3	Maple City (6)	1
Cyclone (G)	1	Mid Michigan (6)	3
Eurostars (G)	4	Mid Michigan (G)	1
Flip Starz (G)	1	Mid Michigan (P)	5
Flip Zone (6)	12	Valiant (6)	1
Flip Zone (G)	4	Will Power (6)	3
Gym Jester (P)	1	Youngstown (6)	<u>4</u>
Gym Junct. (P)	3		94

(G) Gold  
(P) Platinum  
(6) Level 6

Session III	Level 6/S & B Prep Op
Open Stretch	4:46-5:16
1st Flight Warm-Up	5:16-5:29
March In	5:29-5:44
Competition	5:44-8:46

<u>Club Name</u>		<u>Club Name</u>	
American Eagles (6)	4	Infinity (6)	9
Champion USA (S)	2	Infinity (S)	2
Creative (S)	8	Infinity (B)	3
Cyclone (S)	2	International (6)	6
Cyclone (B)	5	Johnsons (6)	3
Defiance (S)	1	Lake Erie (S)	7
Flip Starz (S)	1	Lake Erie (B)	2
Flip Starz (B)	2	Megastars (6)	6
Gemini (6)	3	Mid Michigan (S)	3
Gym Jesters (6)	1	Mt. Magic (6)	6
Gym Junct. (S)	1	Olympic Academy (S)	2
		Olympic Dreams (S)	6
		Pinnacle (6)	<u>10</u>
			<u>95</u>

(S) Silver  
(B) Bronze  
(6) Level 6

Note:	Level 6/Prep Op Sessions: If you have 6's and Prep Op in the same session, you will need 2 coaches. Level 6's are in flight A and Prep Ops are in flight B.
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\* Denotes 2 coaches required.  
\*\* Denotes 3 coaches required.

Cyclone Gymnastics reserves the right to start sessions up to 10 minutes early.

**Friday, March 5, 2010**  
**Gym B**

Session I	Level 8
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Open Stretch	9:00-9:30
1st Flight Warm-Up	9:30-9:48
March In	9:48-10:03
Competition	10:03-1:18

Session II	Level 7
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Open Stretch	1:18-1:48
1st Flight Warm-Up	1:48-2:03
March In	2:03-2:18
Competition	2:18-4:58

<u>Club Name</u>	
Arcadia	5
Buckeye *	11
Elite	2
Gemini	3
Gym Nation	6
Gym World **	25
Gym Xtreme	8
Midwest	2
Olympic Academy	<u>2</u>
	<u>64</u>

<u>Club Name</u>	
Bees	1
Global	2
GTCO *	13
Gym Junct.	6
Integrity	7
Johnsons	8
Megastars	1
Sunrise	9
TOPS *	15
Zanesville *	<u>13</u>
	<u>75</u>

Session III	Level 7/8
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Open Stretch	4:58-5:28
1st Flight Warm-Up	5:28-5:44
March In	5:44-5:59
Competition	5:59-9:14

<u>Club Name</u>	
Alpine (8)	3
Bees (8)	2
Bowling Green (7)	2
Champion- Oh (7)	3
Flip Flop Shop (7)	3
Gem City (7)	4
GTCO (8)	6
Gymkhana (8)	4
Integrity (8)	6
International (8)	5
Legacy (8)	7
Maple City (7)	1
Mid-America (7)	7
Mid Michigan (7)	<u>2</u>
Mid Michigan (8)	<u>2</u>
Olympic Dreams (8)	1
Palmers (8)	3
Sunrise (8)	4
Ultra Stars (7)	3
Will Power (7)	<u>2</u>
	<u>70</u>

Will need 2 coaches

\* Denotes 2 coaches required.  
\*\* Denotes 3 coaches required.

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(Girls continued)

Friday, March 5, 2010  
Gym C

Session I	Level 3/4
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Open Stretch	9:00-9:30
1st Flight Warm-Up	9:18-9:30
March In	9:30-9:45
Competition	9:45-12:45

<u>Club Name</u>	
Arcadia (4)	12
Champion- OH (4)	6
Gymniks (3) *	14
Integrity (3)	10
Lake Erie (4)	11
Megastars (4)	11
Olympic Dreams (3)	8
Power House (4)	6
Tumble Time (4)	8
Will Power (3)	<u>2</u>
	<u>88</u>

Session II	Level 5
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Open Stretch	12:45-1:15
1st Flight Warm-Up	1:02-1:15
March In	1:15-1:30
Competition	1:30-4:30

<u>Club Name</u>	
American Eagles *	14
Arcadia	8
Elite	4
Euro Stars	7
Flip Flop Shop	5
Gym-Nation *	14
Lake Erie *	14
Midwest	7
Power House	8
Spirit of Ohio	2
Valiant	<u>5</u>
	<u>88</u>

Session III	Level 6
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Open Stretch	4:30-5:00
1st Flight Warm-Up	4:48-5:00
March In	5:00-5:15
Competition	5:15-8:27

<u>Club Name</u>	
Cyclone	5
Flip Flop Shop	3
Gym World *	20
Gym Xtreme *	16
Gym-Nation	9
Hocking Valley	3
Lake Erie	7
Midwest *	9
Olympic Academy	9
Spirit of Ohio	3
Universal	7
Zanesville	<u>3</u>
	<u>94</u>

\* Denotes 2 coaches required.

\*\* Denotes 3 coaches required.

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(Girls continued)

Saturday, March 6, 2010

Gym A

Session IV	Level 7
Open Stretch	8:00-8:30
1st Flight Warm-Up	8:10-8:30
March In	8:30-8:45
Competition	8:45-11:45

Session V	Level 8
Open Stretch	1:00-1:30
1st Flight Warm-Up	1:30-1:46
March In	1:46-2:01
Competition	2:01-5:16

<u>Club Name</u>	
Alpine	3
Buckeye *	16
Gym World *	13
Gym Xtreme	7
Gym Nation	8
Gymniks	9
Hocking Valley	2
Legacy	8
Universal	11
Youngstown	<u>2</u>
	<u>79</u>

<u>Club Name</u>	
Champion- OH	7
Champion- USA	6
Euro Stars	3
Flip Flop Shop	6
Flip Starz	1
Gym Junction	1
Gymniks	3
Gymsport	6
Infinity	1
Johnsons	4
Lake Erie	1
Lake Shore	1
Maple City	2
Mt. Magic	4
Pinnacle	3
Spirit of Ohio	2
TOPS	3
Ultra Stars	2
Universal	1
Will Power	1
Youngstown	<u>6</u>
	<u>64</u>

Session VI	Level 9
Open Stretch	5:16-5:46
1st Flight Warm-Up	5:46-6:00
March In	6:00-6:15
Competition	6:15-9:30

<u>Club Name</u>	
Alpine	1
Arcadia	3
Buckeye *	10
Champion USA	2
Christi's	3
GFTF	1
Gymsport	1
Gym World *	9
Gymkhana	4
Infinity	3
Maple City	1
Megastars	2
Mid Michigan	2
Mt. Magic	1
Palmers	4
Pinnacle	1
Ultra Stars	<u>4</u>
	<u>52</u>

\* Denotes 2 coaches required.

\*\* Denotes 3 coaches required.

Cyclone Gymnastics reserves the right to start sessions up to 10 minutes early.

(Girls continued)

Saturday, March 6, 2010  
Gym B

Session IV	Level 7
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Open Stretch	8:00-8:30
1st Flight Warm-Up	8:10-8:30
March In	8:30-8:45
Competition	8:45-11:45

Session V	Level 10
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Open Stretch	1:00-1:30
1st Flight Warm-Up	1:30-1:46
March In	1:46-2:01
Competition	2:01-5:16

Club Name

American Eagles	3
Arcadia	8
Champion- USA	1
Cyclone	1
Defiance	2
Elite	3
Flip Zone	5
Gym Jesters	4
Gym Sport	3
Infinity	1
International	7
Lake Erie	7
Lakeshore	1
Midwest	7
Olympic Academy	3
Olympic Dreams	3
Pinnacle *	14
Spirit of Ohio	1
Valiant	<u>1</u>
	<u>75</u>

Club Name

Buckeye	8
Champion- USA	3
Cyclone	1
Elite	4
Gem City	2
Gemini	1
GTCO	1
Gym World	6
Gym Xtreme *	9
Gymkhana	3
Gym Nation	1
Gymniks	2
Integrity	4
International	1
Legacy	2
Midwest	2
Olympic Dreams	4
Sunrise	1
TOPS	6
Universal	1
Youngstown	<u>2</u>
	<u>64</u>

Session VI	Level 9
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Open Stretch	5:16-5:46
1st Flight Warm-Up	5:30-5:46
March In	5:46-6:01
Competition	6:01-9:16

Club Name

Cyclone	4
Gem City	4
GTCO	6
Gym Nation	4
Gymniks	3
Integrity	4
Legacy	2
Midwest	3
Olympic Dreams	4
Sunrise	3
TOPS	8
Universal	7
Youngstown	<u>3</u>
	<u>55</u>

\* Denotes 2 coaches required.

\*\* Denotes 3 coaches required.

Cyclone Gymnastics reserves the right to start sessions up to 10 minutes early.

(Girls continued)

Sunday, March 7, 2010  
Gym A

Session VII	Level 4
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Open Stretch	8:00-8:30
1st Flight Warm-Up	8:18-8:30
March In	8:30-8:45
Competition	8:45-11:33

<u>Club Name</u>	
Flip Flop Shop	5
Flip Starz	3
Gymniks *	15
Olympic Dreams	8
Pinnacle *	22
Spirit of Ohio	5
TOPS-A *	21
Universal *	13
Valiant	<u>2</u>
	<u>94</u>

Session VIII	Level 5
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Open Stretch	11:33-12:03
1st Flight Warm-Up	11:50-12:03
March In	12:03-12:18
Competition	12:18-3:00

<u>Club Name</u>	
Flip Starz	6
Gym World **	27
Gymniks	7
Infinity	8
International	2
Johnsons	3
Maple City	5
Mega Stars	10
Olympic Dreams	8
Pinnacle *	<u>20</u>
	<u>96</u>

Session IX	Level 4
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Open Stretch	3:00-3:30
1st Flight Warm-Up	3:30-3:43
March In	3:43-3:58
Competition	3:58-6:58

<u>Club Name</u>	
Champion USA	1
Elite	7
Global	5
Gym Nation *	16
Gym Xtreme *	21
TOPS-B *	20
Zanesville *	<u>22</u>
	<u>92</u>

\* Denotes 2 coaches required.

\*\* Denotes 3 coaches required.

Cyclone Gymnastics reserves the right to start sessions up to 10 minutes early.

(Girls continued)

Sunday, March 7, 2010

Gym B

Session VII	Level 5
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Open Stretch	8:00-8:30
1st Flight Warm-Up	8:18-8:30
March In	8:30-8:45
Competition	8:45-11:45

Session VIII	Level 4
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Open Stretch	11:45-12:15
1st Flight Warm-Up	12:03-12:15
March In	12:15-12:30
Competition	12:30-3:00

<u>Club Name</u>	
Cyclone	3
Bowling Green	7
Champion- Oh	9
Champion- USA	8
Gemini	1
Gym Jesters	3
Gym Xtreme *	20
Lakeshore	10
Mid Michigan	10
Mt. Magic	3
Olympic Academy	3
Will Power	5
Youngstown *	<u>14</u>
	<u>96</u>

<u>Club Name</u>	
American Eagles	4
Bowling Green	4
Cyclone	9
Defiance	10
Gym Jesters	4
International	4
Johnsons	6
Lakeshore	2
Mid Michigan *	14
Mt. Magic	3
Olympic Academy	10
Will Power	1
Youngstown	<u>8</u>
	<u>79</u>

Session IX	
FINALS	
General Stretch	2:45-3:35
March In	3:35-3:50
Competition	3:50-6:40

\* Denotes 2 coaches required.

\*\* Denotes 3 coaches required.

Cyclone Gymnastics reserves the right to start sessions up to 10 minutes early.

# Arnold Gymnastics Challenge

## BOYS COMPETITION SCHEDULE

### **SESSION I- Level 4**

Saturday, March 6th

General Stretch	8:00-8:20
1st Flight Warm-up	8:20-8:30
March-In	8:30-8:45
Competition	8:45-11:45

### **SESSION II- Level 5**

Saturday, March 6th

General Stretch	1:00-1:30
1st Flight Warm-up	1:20-1:30
March-In	1:30-1:45
Competition	1:45-4:15

### **SESSION III- Level 6**

Sunday, March 7th

General Stretch	8:00-8:20
1st Flight Warm-up	8:20-8:30
March-In	8:30-8:45
Competition	8:45-10:45

### **SESSION IV- Level 7-10**

Sunday, March 7th

General Stretch	11:00-11:30
1st Flight Warm-up	11:20-11:30
March-In	11:30-11:45
Competition	11:45-2:45