

2015 Arnold Gymnastics Challenge

Men's Schedule- GYM C

Notes: ** denotes 2 coaches required for session, *** denotes 3 coaches required for session.

The Arnold Gymnastics Challenge reserves the right to begin sessions up to 10 minutes early and to make changes to this schedule. Affected clubs will be notified individually if a change is made. The posted schedule will not be updated.

FRIDAY, March 6, 2015

SESSION C01- LEVEL 6- DEVEAU'S**

GENERAL STRETCH: 8:00AM

1ST FLIGHT WARM-UP: 8:20AM

MARCH-IN: 8:30AM

SESSION C02- LEVEL 8- PREMIER WEST**

GENERAL STRETCH: 12:45PM

1ST FLIGHT WARM-UP: 1:05PM

MARCH-IN: 1:20PM

SESSION C03- LEVELS 7-

GENERAL STRETCH: 5:15PM

1ST FLIGHT WARM-UP: 5:35PM

MARCH-IN: 5:50PM

2015 Arnold Gymnastics Challenge

Men's Schedule- GYM C

Notes: ** denotes 2 coaches required for session, *** denotes 3 coaches required for session.

The Arnold Gymnastics Challenge reserves the right to begin sessions up to 10 minutes early and to make changes to this schedule.

Affected clubs will be notified individually if a change is made. The posted schedule will not be updated.

SATURDAY, March 7, 2015

SESSION C04- LEVELS 9 -

GENERAL STRETCH: 8:00AM

1ST FLIGHT WARM-UP: 8:20AM

MARCH-IN: 8:30AM

OPENING CEREMONIES-

12:00PM. LOCATED IN GYM C. FANTASTIC

ENTERTAINMENT YOU WON'T WANT TO MISS. WE ENCOURAGE EVERYONE TO ATTEND THIS GREAT EVENT!

MEN'S NCAA CHALLENGE -

2:15PM

LOCATED IN GYM C. SPECTATORS WELCOME! THE OHIO STATE UNIVERSITY TAKES ON TOP TEAMS FROM AROUND THE WORLD..... JOINING US IS THE UKRAINE AND CANADA!

SESSION C06- LEVELS 10 - DEVEAU'S**

GENERAL STRETCH: 5:00PM

1ST FLIGHT WARM-UP: 5:20PM

MARCH-IN: 5:30PM

2015 Arnold Gymnastics Challenge

Men's Schedule- GYM C

Notes: ** denotes 2 coaches required for session, *** denotes 3 coaches required for session.

The Arnold Gymnastics Challenge reserves the right to begin sessions up to 10 minutes early and to make changes to this schedule.

Affected clubs will be notified individually if a change is made. The posted schedule will not be updated.

SUNDAY, March 8, 2015

SESSION C07- LEVEL 5-

GENERAL STRETCH: 8:00AM

1ST FLIGHT WARM-UP: 8:20AM

MARCH-IN: 8:35AM

SESSION C08- LEVEL 4- DEVEAU'S**

GENERAL STRETCH: 1:00PM

1ST FLIGHT WARM-UP: 1:20PM

MARCH-IN: 1:35PM