

FOND DU LAC  
FAMILY YMCA

The Places We'll Go!

# MEET ROTATION SCHEDULES

## SATURDAY, MARCH 16, 2024 • GYM A

### Session 1A – Level 3 (age groups: 9 & under, 10)

Open Stretch 8:30 am/Compete 9:00 am–12:30 pm

Vault, Floor, Bars, Beam

HOTV (11), FDL (9), LAX (4)

Floor, Bars, Beam, Vault

GC (7), SWC (10), MM (4)

Bars, Beam, Vault, Floor

SHE (9), EC (8), MTR (4)

Beam, Vault, Floor, Bars

GB (8), SP (3), WAU (8)

(Level 3 individual awards immediately follow this session, Level 3 team awards immediately following session 2A)

### Session 2A – Level 3 (age groups: 11, 12 & up)

Open Stretch 12:45 pm/Compete 1:15 pm–4:30 pm

Vault, Floor, Bars, Beam

GC (6), MM (4), SHE (8)

Floor, Bars, Beam, Vault

HOTV (10), SWC (5), SP (3)

Bars, Beam, Vault, Floor

GB (7), MTR (9)

Beam, Vault, Floor, Bars

LAX (12), EC (1), WAU (7)

(Level 3 individual & team awards immediately follow this session)

### Session 3A – Xcel Silver

Open Stretch 4:30 pm/Compete 5:00 pm–8:00 pm

Vault, Floor, Bars, Beam

GC (4), SP (8), SHE (3)

Floor, Bars, Beam, Vault

FDL (8), FDL (7)

Bars, Beam, Vault, Floor

KM (8), EC (6)

Beam, Vault, Floor, Bars

GB (9), DC (9)

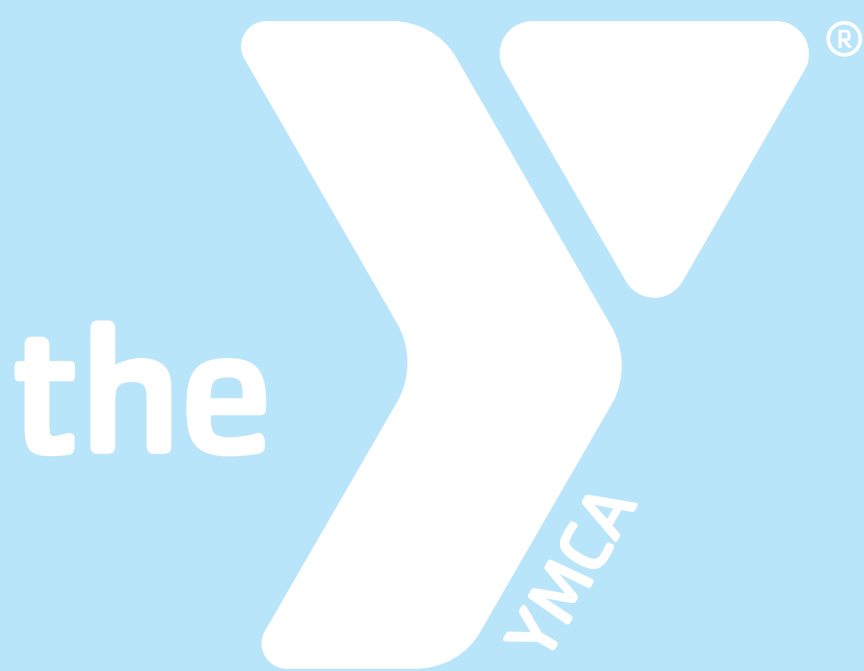
(Xcel Silver awards immediately follow this session)



SATURDAY, MARCH 16, 2024 • GYM B

Session 1B – Level 7, 8, 9 & Xcel Diamond	Open Stretch 8:00 am/Compete 8:30 am–11:00 am
Vault, Floor, Bars, Beam	HOTV L8 (5), EC L7 (7), EC L8 (1)
Floor, Bars, Beam, Vault	SHEB XD (2), GB L7 (5), GB L8 (3), GB L9 (1)
Bars, Beam, Vault, Floor	SP L7 (2), SP L8 (2), FDL L7 (3), FDL L9 (1), FDL XD (1), MM L9 (1)
Beam, Vault, Floor, Bars	WAU L8 (3), LAX L8 (5), LAX L8 (5), LAX L9 (1)
(Level 8, 9 & Xcel Diamond awards immediately follow this session, Level 7 awards immediately follow session 2B)	
Session 2B – Level 7 & Xcel Platinum	Open Stretch 11:00 am/Compete 11:30 am–1:30 pm
Vault, Floor, Bars, Beam	GC L7 (2), GC XP (2), LAX L7 (5), SHE L7 (3), SHE XP (1)
Floor, Bars, Beam, Vault	DC L7 (3), DC XP (1), KM L7 (7)
Bars, Beam, Vault, Floor	EC XP (3), WAU L7 (9)
Beam, Vault, Floor, Bars	MM L7 (2), MM XP (1), HOTV L7 (10)
(Level 7 & Xcel Platinum awards immediately follow this session)	
Session 3B – Level 6	Open Stretch 1:30 pm/Compete 2:00 pm–4:45 pm
Vault, Floor, Bars, Beam	HOTV (11), GB (11)
Floor, Bars, Beam, Vault	GC (6), LAX (8), LAX (8)
Bars, Beam, Vault, Floor	WAU (3), KM (7), KM (7)
Beam, Vault, Floor, Bars	SHE (4), MM (10), EC (2), FDL (2)
(Level 6 awards immediately follow this session)	
Session 4B – Level 5	Open Stretch 4:45 pm/Compete 5:15 pm–7:00 pm
Vault, Floor, Bars, Beam	MM (3), LAX (6), SWC (1), MTR (2)
Floor, Bars, Beam, Vault	SP (4), EC (1), SHE (3)
Bars, Beam, Vault, Floor	FDL (7), FDL (7)
Beam, Vault, Floor, Bars	GB (4), HOTV (8)
(Level 5 awards immediately follow this session)	



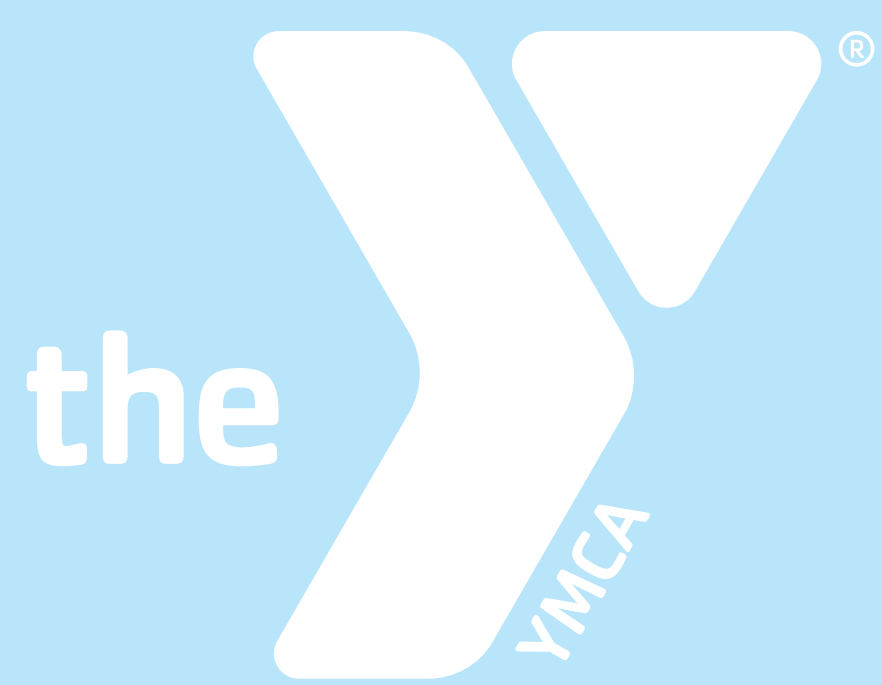


The Places We'll Go!

# MEET ROTATION SCHEDULES

## SUNDAY, MARCH 17, 2024 • GYM A

Session 4A – Level 1 (all ages) Level 2 (age group: 11 & up)	Open Stretch 8:00 am/Compete 8:30 am–11:00 am
Vault, Floor, Bars, Beam	WAU L2 (3), MM L1 (7), MM L1 (8), MM L2 (3)
Floor, Bars, Beam, Vault	GC L1 (7), GC L1 (6), GC L2 (1), GB L2 (3)
Bars, Beam, Vault, Floor	FDL L1 (11), EC L2 (4), SWC L2 (3)
Beam, Vault, Floor, Bars	SHE L1 (7), SHE L1 (8), HOTV L2 (6)
(Level 1 awards immediately follow this session, Level 2 individual awards immediately follow this session, Level 2 team awards immediately follow session 6A)	
Session 5A – Level 2 (age groups: 8, 10)	Open Stretch 11:00 am/Compete 11:30 am–2:15 pm
Vault, Floor, Bars, Beam	LAX (9), SHE (9)
Floor, Bars, Beam, Vault	MM (7), MM (8), FDL (7)
Bars, Beam, Vault, Floor	GB (8), WAU (7), EC (2)
Beam, Vault, Floor, Bars	SWC (7) GC (6), HOTV (5)
(Level 2 individual awards immediately follow this session, Level 2 team awards immediately follow session 6A)	
Session 6A – Level 2 (age groups: 7 & under, 9)	Open Stretch 2:15 pm/Compete 2:45 pm–5:00 pm
Vault, Floor, Bars, Beam	HOTV (6), GC (4), FDL (6)
Floor, Bars, Beam, Vault	WAU (11), SHE (4)
Bars, Beam, Vault, Floor	MM (7), SWC (8)
Beam, Vault, Floor, Bars	GB (6), SP (5), LAX (6), EC (4)
(Level 2 individual & team awards immediately follow this session)	



# MEET ROTATION SCHEDULES

## SUNDAY, MARCH 17, 2024 • GYM B

### Session 5B – Level 4

Open Stretch 8:00 am/Compete 8:30 am–10:30 am

Vault, Floor, Bars, Beam

KM (8), KM (7)

Floor, Bars, Beam, Vault

HOTV (12)

Bars, Beam, Vault, Floor

SWC (10), SHE (1)

Beam, Vault, Floor, Bars

MTR (7), GB (8)

(Level 4 awards immediately follow session 6B)

### Session 6B – Level 4

Open Stretch 10:30 am/Compete 11:00 am–1:00 pm

Vault, Floor, Bars, Beam

FDL (10)

Floor, Bars, Beam, Vault

SP (5), WAU (8)

Bars, Beam, Vault, Floor

LAX (7), LAX (7)

Beam, Vault, Floor, Bars

MM (6), EC (9)

(Level 4 awards immediately follow this session)

### Session 7B – Xcel Gold

Open Stretch 1:00 pm/Compete 1:30 pm–3:30 pm

Vault, Floor, Bars, Beam

FDL (6), EC (4), SHE (6)

Floor, Bars, Beam, Vault

GB (7), GB (6)

Bars, Beam, Vault, Floor

MM (2), GC (2), SP (7)

Beam, Vault, Floor, Bars

SWC (4), KM (10)

(Xcel Gold awards immediately follow this session)

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