

2020 WOODSON YMCA STARLIGHT INVITATIONAL 11/18/2019
FINAL Time Schedule and Rotation/Competition
Schedule - SATURDAY January 11 2020
Modified Capitol Cup Format

Level 7-8-9 Session 1

Gym opens 7:45 A.M.
Stretch 8:00 – 8:20 A.M.
Warm-Ups & Competition 8:20 – 12:05 P.M.
Level 8-9 March-in and awards immediately following competition – Awards in Program Gym
Level 7 March-in and awards follows next session - Session 2 – Awards in Program Gym

Vault, Beam, Bars, Floor

Green Bay 7's (9)
Eau Claire 7's (7)

Bars, Floor, Beam, Vault

Waukesha 7's (4) 8's (1) KM 7's (4) 8's (3) Wausau 8's (4)

Total 59 gymnasts

Beam, Vault, Floor, Bars

LaCrosse 8's (15) 9's(1) 2 Coaches – Must SPLIT and move on

Floor, Bars, Vault, Beam

Green Bay 8's (8) 9's (1) Eau Claire 8's (2)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

Level 6 and Level 7 – Session 2

Stretch & Bar Settings 11:55 – 12:15 P.M.
Stretch in Jr. Gymnastics Training Center
Bar sets immediately following Session 1 competition

Warm-ups & Competition

12:15 – 4:15 P.M.
Level 6 and Level 7 March-in and awards immediately following competition – Awards in Program Gym

Vault, Beam, Bars, Floor

Manitowoc 7's (1) Fond du Lac 7's (3) Wausau 7's (9) LaCrosse 7's (5)

Bars, Floor, Beam, Vault

Eau Claire 6's (6) St. Point 6's (4) Waukesha 6's (1) Fond du Lac 6's (5)

Total 67 gymnasts

Beam, Vault, Floor, Bars

LaCrosse 6's (5) Wausau 6's (15)

Floor, Bars, Vault, Beam

KM 6's (5) SWC 6's (1) Green Bay 6's (7)

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Level 2 – Session 3

Stretch & Bar Settings

4:05 – 4:25 P.M.

Stretch in Jr. Gymnastics Training Center. Bar sets immediately following Session 2 competition.

Warm-Ups & Competition

4:25 – 5:35 P.M.

Level 2 March-in and awards immediately following competition - Awards in Program Gym

Vault, Beam, Bars, Floor

Wausau (16) MUST SPLIT and MOVE ON

Total 53 gymnasts

Bars, Floor, Beam, Vault

Eau Claire (8) Green Bay (4) Waukesha (2)

Beam, Vault, Floor, Bars

St. Point (12)

Floor, Bars, Vault, Beam

SWC (11)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

Level 5 and Xcel Gold – Session 4

Stretch & Bar Settings

5:25 – 5:45 P.M.

Stretch in Jr. Gymnastics Training Center. Bar sets immediately following Session 3 competition.

Warm-Ups & Competition

5:45 – 8:30 P.M.

Level 5 and Xcel Gold March-in and awards immediately following competition – Awards in Program Gym

Vault, Beam, Bars, Floor

Waukesha Gold (1) Eau Claire Gold (7) 5's (5)

Total 59 gymnasts

Bars, Floor, Beam, Vault

LaCrosse 5's (8) Fond du Lac 5's (3) Manitowoc 5's (3)

Beam, Vault, Floor, Bars

Green Bay Gold (9) 5's (4) St. Point Gold (1) 5's (4)

Floor, Bars, Vault, Beam

SWC 5's (7) Wausau 5's (7)

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Level 3 - Session 5

Gym opens 7:45 A.M.
Stretch & Bar Settings 8:00 – 8:20 A.M.
Warm-Ups & Competition 8:20 – 10:20 A.M.
Level 3 March-in and awards follows next session - Session 6 – Awards in Program Gym

Vault, Beam, Bars, Floor
LaCrosse 3's (17) **MUST SPLIT and MOVE ON**

Bars, Floor, Beam, Vault
Wausau 3's (10) **Total 52 gymnasts**

Beam, Vault, Floor, Bars
Green Bay 3's (13)

Floor, Bars, Vault, Beam
Eau Claire 3's (12)

This rotation will eliminate the back and forth from gym to gym. You will begin competing in one gym and finish in the second gym. This will allow the meet to run smoother.

Level 3 / Xcel Silver - Session 6

Stretch & Bar Settings 10:10 – 10:30 A.M.
Stretch in Jr. Gymnastics Training Center.
Bar sets immediately following Session 5 competition.

Warm-Ups & Competition 10:30 – 12:30 P.M.
Level 3 and Xcel Silver March-in and awards immediately following competition -Awards in Program Gym

Vault, Beam, Bars, Floor
Green Bay Silver (9) Eau Claire Silver (6)

Bars, Floor, Beam, Vault
Manitowoc 3's (4) Waukesha 3's (4) Silver (3)

Beam, Vault, Floor, Bars **Total 48 gymnasts**
St. Point 3's (6) Silver (1) Fond du Lac Silver (2)

Floor, Bars, Vault, Beam
SWC 3's (6) Silver (7)

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Level 4 - Session 7

Stretch & Bar Settings

12:20 – 12:40 P.M.

Stretch in Jr. Gymnastics Training Center.

Bar sets immediately following Session 6 competition.

Warm-Ups & Competition

12:40 – 4:30 P.M.

Level 4 March-in and awards immediately following competition -Awards in Program Gym

Vault, Beam, Bars, Floor

Waukesha (3) SWC (2) Wausau (16) **MUST HAVE 2 COACHES and MOVE ON**

Bars, Floor, Beam, Vault

LaCrosse (9) Fond du Lac (10)

Total 79 gymnasts

Beam, Vault, Floor, Bars

Eau Claire (9) Green Bay (11)

Floor, Bars, Vault, Beam

LaCrosse (9) Manitowoc (10)

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