

2011 JACK FROST INVITATIONAL MEET SCHEDULE

DEC 10-11, 2011

ULTIMATE GYMNASTICS

Saturday, December 10, 2011

SESSION 1: USA Level 9 & 10 (Modified Capital Cup- warmup /compete) 43

*Roswell L9(5)L10 (5), West GA L9 (2), Gym South L9(1) L10 (2), Ultimate L9(10) L10 (6),
Gym World L9(5), Atlanta North Stars L9(1)L10(4), Carters L10(1), Cartersville L10(1)*

General Stretch: 9:00 – 9:25 am

Introduction: 9:25 am

Competition: 9:25am -1:00pm

Awards: 1:00pm

SESSION 2: USA Level 8 (Modified Capital Cup – warmup/compete) 36

Roswell (7), Gym South (4), Ultimate (8), Precision (7), Gym World (4), Tuck n Tumble (2), Cartersville (4)

General Stretch: 1:30pm-1:55pm

Introduction: 1:55 pm

Competition: 1:55-4:55pm

Awards: 4:55 pm

SESSION 3: USA Level 7 (Modified Capital Cup –warmup/compete) 45

*Roswell (3), West GA (4), Gym South (3), Ultimate (15), Tuck N Tumble (3),Precision (2)
Atlanta North Stars (7), Cartersville (6), Gym World (1, World Extreme (3)*

General Stretch: 5:15-5:35pm

Introduction: 5:35pm

Competition: 5:35-8:35 pm

Awards: 8:35pm

Sunday, December 11, 2011

SESSION 4: USA Prep Gold & Plat, USA Level 5 (Modified Capital Cup – warmup/compete) 45

West GA PG(2), Precision PG(10)PP(5)L5(13), Cartersville PP (5), Ultimate PP (1), Guild L5(6), Oconee L5(3)

Warmup: 9:00am-9:20 am

Introduction & Competition: 9:20am-11:20 am

Awards: 11:20 am

SESSION 5: AAU Level 3 & 4 & All Prep (Traditional Format – warmup all events/compete) 55

Precision L4(27),Guild L4(4, Guild L3 (11) Inflight PB (1) Inflight P1(6) Inflight P2 (3)

Warmup: 11:30 am-11:50 am

Timed Warmup: 11:50-12:30 pm

Introduction & Competition: 12:30pm-2:00pm

Awards: 2:00pm

THANKS FOR CHOOSING THE JACK FROST TO START OF F YOUR SEASON, WE REALLY APPRECIATE IT ! ☺