

RHYTHMIC GYMNASTICS

2010 NEW YORK STATE CHAMPIONSHIPS COACHES CUP INVITATIONAL

Saturday, March 20th, 2010

SESSION I

LEVEL 7 Junior A



8:00am- 8:35am

Gym Opens - General Warm-up

8:35am-8:38am

NESA (2), Gold Ray (3)

8:38am-8:41am

Magadan (3), CT Rhythmics (2)

8:41am-8:44am

Isadora (4), Rhythmic Dreams (1),

Pittsburgh Northstars (1)

8:45am-10:05am

COMPETITION

SESSION II

LEVEL 7 Junior B & Child C



9:30am-10:05am

General Warm- Up (warm-up area)

10:05am-10:08am

Pittsburgh Northstars (2), Gymnastics World (1), Philadelphia

Rhythmic Academy (1)

10:08am-10:11am

Isadora (1), Magadan (1), Dniepropetrovsk (2), Rhythmic

Dreams (1)

10:11am-10:14am

Golden Ray (1), Aviator(1), Elegance Gymnastics (2),

CT Rhythmics (1)

10:15am-11:25am

COMPETITION

SESSION III

LEVEL 8



10:30am-11:25am

General Warm-up

11:25am-11:28am

NESA (2), Pittsburgh Northstars (2), Aviator (2),

Yalta (2), Magadan (2), Philadelphia RA (1)

11:28am-11:31am

Capital (2), Westside Academy (2), Rhythmic

Dreams (1), Elegance Gymnastics (1)

11:31am-11:34am

Isadora (7)

11:35am-1:30pm

COMPETITION

1:40 pm

OPENING CEREMONY FOR ALL GYMNASTS LEVELS 7-10

***** 2 events Awards for All Level 7 and 8 gymnasts**

RHYTHMIC GYMNASTICS
2010 NEW YORK STATE CHAMPIONSHIPS
COACHES CUP INVITATIONAL

Saturday, March 20th, 2010

SESSION IV LEVEL 10 Junior, LEVEL 9&10 Senior



1:30pm-2:30pm	General Warm- Up (warm-up area)
2:30pm-2:33pm	Aviator (2), Gold Ray Rhythmics (1), Dniepropetrovsk (1), Colombia (3)
2:33pm-2:36pm	Isadora (4), Gymnastics World (1), Dream Catchers (1), Emerald City (1)
2:36pm-2:39pm	SoCal (1), Rhythmic Dreams (2), Philadelphia RA (1), Evergreen Rhythmics (1), Xtreme Rhythmics (1)
2:40pm- 4:25pm	COMPETITION

SESSION V LEVEL 9 Junior and Hopes



3:20pm- 4:25pm	General Warm-up
4:25pm-4:28pm	Isadora (6), Magadan (1)
4:28pm-4:31pm	Philadelphia RA (2), Pittsburgh Northstars (1), Yalta (2), Dniepropetrovsk (1)
4:31pm-4:34pm	Aviator (3), Capital Rhythmic (1), Rhythmic Dreams (2), Elegance Gymnastics (1)
4:35pm-6:15pm	COMPETITION

***** 2 events Awards for All Level 9 and 10 gymnasts**

RHYTHMIC GYMNASTICS
2010 NEW YORK STATE CHAMPIONSHIPS
COACHES CUP INVITATIONAL

Sunday, March 21st, 2010

SESSION I **LEVEL 7 Junior B & Child C**



7:30am-8:00am	General Warm- Up (warm-up area)
8:00am-8:03am	Golden Ray (1), Aviator(1), Elegance Gymnastics (2), CT Rhythms (1)
8:03am-8:06am	Pittsburgh Northstars (2), Gymnastics World (1), Philadelphia Rhythmic Academy (1)
8:06am-8:09am	Isadora (1), Rhythmic Dreams (1), Magadan (1), Dniepropetrovsk (2)
8:10am-9:20am	COMPETITION

SESSION II **LEVEL 7 Junior A**



8:30am- 9:20am	Gym Opens - General Warm-up
9:20am-9:23am	Isadora (4), Rhythmic Dreams (1), Pittsburgh Northstars (1)
9:23am-9:26am	NESA (2), Gold Ray (3)
9:26 am-9:29 am	Magadan (3), CT Rhythms (2)
9:30am-10:50am	COMPETITION

SESSION III **LEVEL 8**



10:00am-10:50am	General Warm-up
10:50am-10:53am	Capital (2), Westside Academy (2), Rhythmic Dreams (1), Elegance Gymnastics (1)
10:53am-10:56am	Isadora (7)
10:56am-10:59am	Yalta (2), Magadan (2), Philadelphia RA (1)
10:59am-11:02am	NESA (2), Pittsburgh Northstars (2), Aviator (2),
11:05am-1:00pm	COMPETITION

SESSION IV **GROUP**

12:00pm-1:00pm	General Warm-up
1:00pm-1:09pm	NESA
1:10pm-1:25pm	COMPETITION

2 events and All-Around Awards for All Level 7 and 8 gymnasts

RHYTHMIC GYMNASTICS

2010 NEW YORK STATE CHAMPIONSHIPS COACHES CUP INVITATIONAL

Sunday, March 21st, 2010

SESSION V

LEVEL 9 Junior & Hopes



1:00pm- 2:00pm

2:00pm-2:03pm

2:03pm-2:06pm

2:06pm-2:09pm

2:10pm-3:50pm

General Warm-up

Aviator (3), Capital Rhythmic (1), Rhythmic Dreams (2),
Elegance Gymnastics (1)

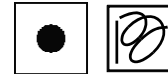
Isadora (6), Magadan (1)

Philadelphia RA (2), Pittsburgh Northstars (1), Yalta (2),
Dniepropetrovsk (1)

COMPETITION

SESSION VI

LEVEL 10 Junior, LEVEL 9&10 Senior



2:50pm-3:50pm

3:50pm-3:53pm

3:53pm-3:56pm

3:56pm-3:59pm

4:00pm-5:45pm

General Warm- Up (warm-up area)

Isadora (4), Gymnastics World (1), Dream Catchers (1),
Emerald City (1)

SoCal (1), Rhythmic Dreams (2), Philadelphia RA (1),
Evergreen Rhythmics (1), Xtreme Rhythmics (1)

Aviator (2), Gold Ray Rhythmics (1), Dniepropetrovsk (1),
Colombia (3)

COMPETITION

AWARDS CEREMONY FOR LEVELS 9-10 GYMNASTS