

**JANET ROTHENBERG MEMORIAL
COMPETITION SCHEDULE as of 12/15/2017**

KALAHARI GYM

(Meet format is "Modified Capitol Cup", 2 sets of equipment)

| SATURDAY, JANUARY 13 | SUNDAY, JANUARY 14 | MONDAY, JANUARY 15 |
|--|---|---|
| Session K1 Level 2 (All) Stretch: 8:00am...Introductions: 8:20am...Awards: 10:50am | Session K6 Level 4: Metzler's, ASAP, Silvia's, PGA, Gym Plus, USA, Cumberland, Indigo, Bucks II, Northern Elite, STGA, PJ Gym, Ace (NJ). Stretch: 8:00am...Introductions: 8:20am...Awards: 11:35am | Session K10 IGC Level Copper 2 (All) Stretch: 8:00am...Introductions: 8:20am...Awards: 10:55am |
| Session K2 Level 3: Metzler's, Spirit, Parkettes, PJ Gym, STGA, East Coast, Paramount, Gym Plus, WVG, FGA. Stretch: 10:50am...Introductions: 11:15am...Awards: 1:30pm | Session K7 Level 4: Tumble Techs, Parkettes, Gymolympic, NGA, Spirit, La Gym, FGA, Olympiad, Gym Inc, GymNest, East Coast, Paramount. Stretch: 11:40am...Introductions: 12:00pm...Awards: 3:15pm | Session K11 IGC Levels Copper 1 (All), IGC Bronze (ages 9 & under) and IGC Bronze Diamond Stretch: 10:55am...Introductions: 11:15am...Awards: 2:00pm |
| Session K3 Level 3: Silvia's, Olympiad, Gymolympic, PGA, Northern Elite, GymNest, NGA. Stretch: 1:30pm...Introductions: 1:50pm...Awards: 4:10pm | Session K8 Levels XCEL Bronze (All) and XCEL Gold (10 and 11 year olds) Stretch: 3:15pm...Introductions: 3:35pm...Awards: 6:25pm. | Session K12 IGC Levels Bronze (ages 10 & older) Stretch: 2:00pm...Introductions: 2:20pm...Awards: 5:50pm |
| Session K4 Level 3: Tumble Techs, La Gym, Ace (NJ), USA, Bucks II, Gym Inc, Indigo, Waterford, Cumberland. Stretch: 4:10pm...Introductions: 4:30pm...Awards: 6:30pm | Session K9 Levels XCEL Silver (All) and XCEL Gold (ages 9 & under and 12 & over) Stretch: 6:25pm...Introductions: 6:45pm...Awards: 9:50pm | |
| Session K5 Level 5 (All) Stretch: 6:30pm...Introductions: 6:50pm...Awards: 9:40pm | | |

RIVERS GYM

(Meet format is "Capitol Cup", 2 gyms: Warm up Gym and Competition Gym)

| SATURDAY, JANUARY 13 | SUNDAY, JANUARY 14 | MONDAY, JANUARY 15 |
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| Session R1 Level 6: Spirit, Parkettes, Metzler's, EMG, Gymolympic, Olympiad, PJ Gym, Ace (NJ), Silvia's, Dynamats, STGA. Stretch: 8:00am...Introductions: 8:20am...Awards: 12:10pm | Session R5 Level 6: Paramount, Tumble Techs, GymNest, FGA, Pittsburg Northstars, USA, ASAP, Gym Inc, Cumberland, Northern Elite, Waterford. Stretch: 8:00am...Introductions: 8:20am...Awards: 12:00pm | Session R9 Level Xcel Platinum and Diamond Stretch: 8:00am...Introductions: 8:20am...Awards: 11:20am |
| Session R2. Level 8: Silvia's, USA, Metzler's, EMG, La Gym, Waterford, Cumberland, Indigo, Bucks II, Dynamats, East Coast, FGA. Stretch: 12:10pm...Introductions: 12:30pm...Awards: 3:10pm | Session R6 Level 7: ASAP, Silvia's, USA, FGA, Bucks II, Cumberland, Metzler's, East coast, GymNest, Waterford, Gymolympic, Olympiad. Stretch: 12:00pm...Introductions: 12:20pm...Awards: 3:25pm | Session R10 IGC Silver (ages 12 & under and 14 & over) Stretch: 11:25am...Introductions: 11:45am...Awards: 2:35pm |
| Session R3 Level 9 (All) Stretch: 3:10pm...Introductions: 3:30pm...Awards: 6:10pm | Session R7 Level 7: GY, Pittsburg Northstars, NGA, Tumble Techs, Northern Elite, Gym Inc, Dynamats, STGA, Olympiad. Stretch: 3:25pm...Introductions: 3:45pm...Awards: 6:20... | Session R11 IGC Silver (age 13), IGC Gold and Platinum Stretch: 2:35pm...Introductions: 2:55pm...Awards: ... 6:00pm |
| Session R4 Level 10 (All) Stretch: 6:15pm...Introductions: 6:45pm...Awards: 9:35pm | Session R8 Level 8: Pittsburg Northstars, NGA, Tumble Techs, Berks, STGA, ASAP, Gymolympic, Northern Elite. Stretch: 6:20pm ...Introductions: 6:40pm...Awards: 9:35pm | |