

2010 Capital Challenge Invitational and Maryland State
Rhythmic Gymnastics Championship

Friday

Session I, Level 4 ChC Gr.1 (CRX, ELG, GRG, GYW, PGA)	
7:00 am	Gym Opens
7:30 - 7:40	Timed Warm-ups
7:30-7:33	GRG
7:33-7:36	CRX, GYW
7:36-7:39	ELG, PGA
7:45 - 8:30	Competition

Session II, Level 4 ChC Gr.2 (ALL, AVI, HOH, ISA, LIB, PRA, TEK)	
8:00 am	Gym Opens
8:30 - 8:40	Timed Warm-ups
8:30-8:33	HOH, PRA
8:33-8:36	ISA, LIB, TEK
8:36-8:39	ALL, AVI
8:40 - 9:25	Competition
9:40 - 10:20	Awards for Level 4, ChC

Session III, Level 4 ChA, Jr	
8:55 am	Gym Opens
9:25 - 9:35	Timed Warm-ups
9:25-9:28	AVI, CRX, EXC
9:28-9:31	ALL, ELG, MID, PGA
9:31-9:34	GRG, GYW, INT
9:35 - 10:25	Competition
10:40 - 11:20	Awards for Level 4, ChA + Jr

Session IV, Level 4 ChB - 2002 Gr.1 (BAL, CRX, ELG, GRG, INT, NER, PGA, TEK)	
9:55 am	Gym Opens
10:25 - 10:35	Timed Warm-ups
10:25-10:28	INT, NER, PGA, TEK
10:28-10:31	CRX
10:31-10:34	BAL, ELG, GRG
10:35 - 11:30	Competition

Session V, Level 4 ChB - 2002 Gr.2 (AVI, GYW, HOH, ISA, PRA)	
11:00 am	Gym Opens
11:30 - 11:40	Timed Warm-ups
11:30-11:33	GYW
11:33-11:36	HOH, ISA, PRA
11:36-11:39	AVI
11:40 - 12:35	Competition

Session VI, Level 4 ChB - 2001 Gr.3	
12:05 pm	Gym Opens
12:35 - 12:45	Timed Warm-ups
12:35-12:38	CRX, GRG, HOH, PGA
12:38-12:41	AVI, LIB, LIS, PRA
12:41-12:44	BAL, GYW, ISA, PIT
12:45 - 1:55	Competition
2:15 - 2:45	Awards for Level 4, ChB

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Friday (continued)

Session VII, Level 3 All		
1:30 pm	Gym Opens	
2:00 - 2:10	Timed Warm-ups	
2:00-2:03	NVR	
2:03-2:06	ALL, INT, PIT	
2:06-2:09	GRG, LIB, XRA	
2:10 - 2:50	Competition	
3:05 - 3:35	Awards for Level 3	

Session VIII, Level 8 ChA, ChB, JrB, Sr		
1:50 pm	Gym Opens	
2:50 - 3:50	Competition	**TWO ROUTINES**

Session IX, Level 8 JrA Gr.1 (AVI, CRX, ELR, EUR, EXC, GYW, KOR@RU, OMA@RU, PRG@RU, WOR)		
2:50 pm	Gym Opens	
3:50 - 4:50	Competition	**TWO ROUTINES**

Session X, Level 8 ChC, JrA Gr.2 (ISA, LIS)		
3:50 pm	Gym Opens	
4:50 - 5:50	Competition	**TWO ROUTINES**

Session XI, Level 9/10 H and Jr Gr.1 (ARG@KZ, AUR, CRX, ELG, ELR, EUR, INT, JRG@ES, M98@RU, OMA@RU, PGA, PIT, PRG@RU)		
4:50 pm	Gym Opens	
5:50 - 7:05	Competition	**TWO ROUTINES**

Session XII, Level 9/10 H and Jr Gr.2 (AVI, GOR, ISA, KOR@RU, PRA)		
6:05 pm	Gym Opens	
7:05 - 8:10	Competition	**TWO ROUTINES**

Session XIII, Level 9/10 Sr		
7:10 pm	Gym Opens	
8:10 - 9:35	Competition	**TWO ROUTINES**

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Saturday

Session XIV, Level 6 ChC	
7:00 am	Gym Opens
7:45 - 7:55	Timed Warm-ups
7:45-7:48	GRG, MID, TEK, WOR
7:48-7:51	ELG, INT, ISA, RAH
7:51-7:54	AVI, CRX, PRA
7:55 - 10:10	Competition
10:30 - 11:00	Awards for Level 6, ChC

Session XV, Level 6 JrA Gr.1 (BAL, GRG, GYW, ISA, INT, PIT, PRA, TEK)	
9:25 am	Gym Opens
10:10 - 10:20	Timed Warm-ups
10:10-10:13	BAL, ELG (ChA), INT
10:13-10:16	GRG, GYW, TEK
10:16-10:19	ISA, PIT, PRA
10:20 - 12:05	Competition

Session XVI, Level 6 ChA, ChB, JrB, JrA Gr.2 (ELG, GOR, HEL@SP, PGA)	
11:20 am	Gym Opens
12:05 - 12:15	Timed Warm-ups
12:05-12:08	EMT@SP, GRG, HEL@SP
12:08-12:11	DNE@UA, GRG@RU, ISA
12:11-12:14	ELG, GOR, INT, PGA
12:15 - 1:55	Competition
2:55 - 3:35	Awards for Level 6 ChA, ChB, JrA & JrB

Session XVII, Groups	
1:10 pm	Gym Opens
1:55 - 2:10	Timed Warm-ups
1:55 - 2:00	ELG (beg.), GRG (int.1)
2:00 - 2:05	ELG (int.), PRA (beg.)
2:05 - 2:10	GRG (int. 2), PRA (int.)
2:10 - 2:55	Competition
3:50 - 4:00	Awards for Group

Session XVIII, Level 8 ChC, JrA Gr.2 (ISA, LIS)	
1:55 pm	Gym Opens
2:55 - 3:50	Competition **TWO ROUTINES**
4:15 - 4:45	Awards for Level 8 ChC

Session XIX, Level 8 JrA Gr.1 (AVI, CRX, ELR, EUR, EXC, GYW, KOR@RU, OMA@RU, PRG@RU, WOR)	
2:50 pm	Gym Opens
3:50 - 5:00	Competition **TWO ROUTINES**
5:15 - 5:45	Awards for Level 8 JrA

Session XX, Level 8 ChA, ChB, JrB, Sr	
4:00 pm	Gym Opens
5:00 - 6:00	Competition **TWO ROUTINES**
6:15 - 6:45	Awards for Level 8 ChA, ChB, JrB, Sr

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Saturday (continued)

Session XXI, Level 9/10 H and Jr Gr.2 (AVI, GOR, ISA, KOR@RU, PRA)		
5:00 pm	Gym Opens	
6:00 - 7:05	Competition	**TWO ROUTINES**

Session XXII, Level 9/10 H and Jr Gr.1 ARG@KZ, AUR, CRX, ELG, ELR, EUR, INT, JRG@ES, M98@RU, OMA@RU, PGA, PIT, PRG@RU)		
6:05 pm	Gym Opens	
7:05 - 8:20	Competition	**TWO ROUTINES**

Session XXIII, Level 9/10 Sr		
7:20 pm	Gym Opens	
8:20 - 9:30	Competition	**TWO ROUTINES**
9:30 - 10:45	Awards for Levels 9/10, Participants Parade, International Gala	

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Sunday

Session XXIV, Level 5 JrA, JrB

7:00 am Gym Opens
7:45 - 7:55 Timed Warm-ups
7:45-7:48 BAL, LIB, PRA
7:48-7:51 AVI, INT, XRA
7:51-7:54 ALL, GRG, GYW
7:55 - 10:00 Competition
10:15 - 11:00 Awards for Level 5 JrA, JrB

Session XXV, Level 5 ChA, ChB

9:15 am Gym Opens
10:00 - 10:10 Timed Warm-ups
10:00-10:03 CRX, LIB, RAH
10:03-10:06 ISA, MID, XRA
10:06-10:09 ELG, TEK
10:10 - 11:35 Competition
11:50-12:35 Awards for Level 5 ChA, ChB

Session XXVI, Level 5 ChC - 2000 Gr.1

10:50 am Gym Opens
11:35 - 11:45 Timed Warm-ups
11:35 - 11:38 ELG, GOR, ISA, PIT
11:38 - 11:41 EXC, GYW, INT, MID
11:41 - 11:43 AVI, BAL, TEK
11:45 - 2:10 Competition

Session XXVII, Level 5 ChC - 1999 Gr.2

1:25 pm Gym Opens
2:10 - 2:20 Timed Warm-ups
2:10 - 2:13 AVI, GOR, GYW, PIT
2:13 - 2:16 CRX, ISA, TEK
2:16 - 2:19 INT, NER
2:20 - 4:15 Competition
4:30 - 5:00 Awards for Level 5 ChC

Session XXVIII, Level 7 ChA, ChB, ChC, JrB

3:15 pm Gym Opens
4:15 - 6:35 Competition
6:50 - 7:30 Awards for Level 7 ChA, ChB, ChC, JrB

Session XXIX, Level 7 JrA

5:35 pm Gym Opens
6:35 - 8:00 Competition
8:15 - 8:45 Awards for Level 7 JrA