

**2011 STATE CLASS ‘A’ AND ‘AA’  
GIRLS GYMNASTICS CHAMPIONSHIPS  
WATERTOWN – FEBRUARY 18-19, 2011  
(TENTATIVE SCHEDULE-SUBJECT TO CHANGE)**

**THURSDAY EVENING, FEBRUARY 17, 2011**

|           |  |
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| 7:30 p.m. | <b>Team Coaches meeting — Class “AA” (open to all Class “A” coaches) – TBA</b> |
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**STATE MEET SCHEDULE - FRIDAY, FEBRUARY 18  
CLASS “AA” TEAM CHAMPIONSHIPS, FRIDAY (SESSION 1)**

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| 7:45 a.m.        | <b>Floor open for stretching - Open Warm-Ups – Equipment Check - Class “AA”</b>           |
| 8:40 a.m.        | Capital Cup Format for warm-up and competition (warm-up in practice area)                 |
| 8:45 a.m.        | (Clear Floor - Line up for Opening Ceremony in main gym)                                  |
| <b>9:00 a.m.</b> | <b>Opening Ceremony - National Anthem<br/>Competition – Class “AA” Team Championships</b> |
| 2:15 p.m.        | Special Awards  |
| 2:20 p.m.        | <b>Awards – Class “AA” Team</b>   |

**CLASS “A” TEAM CHAMPIONSHIPS, FRIDAY (SESSION 2)**

|                  |  |
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| 3:00 p.m.        | <b>Floor open for stretching - Open Warm-Ups – Equipment Check - Class “A”</b>           |
| 3:30 p.m.        | <b>Team Coaches meeting - Class “A”</b>  |
| 4:10 p.m.        | Capital Cup Format for warm-up and competition (warm-up in practice area)                |
| 4:15 p.m.        | (Clear Floor - Line up for Opening Ceremony)   |
| <b>4:30 p.m.</b> | <b>Opening Ceremony - National Anthem<br/>Competition – Class “A” Team Championships</b> |
| 8:45 p.m.        | Special Awards:  |
| 8:50 p.m.        | <b>Awards – Class “A” Team</b>   |

**STATE MEET SCHEDULE - SATURDAY, FEBRUARY 20**

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| 8:00 a.m. | Gymnastics Coaches Advisory Meeting - Class “A” and “AA” |
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**CLASS “AA” INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 3)**

|                  |  |
|------------------|--|
| 8:00 a.m.        | <b>Floor Open Warm-Ups/Bar Setting - Class “AA”</b>  |
| 9:10 a.m.        | Capital Cup Format for warm-up and competition (warm-up in practice area)                                      |
| 9:15 a.m.        | (Clear Floor - Line up for Opening Ceremony)   |
| <b>9:30 a.m.</b> | <b>Opening Ceremony - National Anthem<br/>Competition – Class “AA” Individual and All-Around Championships</b> |
| 2:00 p.m.        | Special Awards   |
| 2:10 p.m.        | <b>Awards – Class “AA” Individual and All-Around</b>   |

**CLASS “A” INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 4)**

|                  |   |
|------------------|---|
| 3:00 p.m.        | <b>Floor Open Warm-Ups/Bar Setting - Class “A”</b>  |
| 4:40 p.m.        | Capital Cup Format for warm-up and competition (warm-up in practice area)                                     |
|                  | (Clear Floor - Line up for Opening Ceremony)  |
| <b>5:00 p.m.</b> | <b>Opening Ceremony - National Anthem<br/>Competition – Class “A” Individual and All-Around Championships</b> |
| 9:20 p.m.        | Special Awards:   |
| 9:25 p.m.        | <b>Awards – Class “A” Individual and All-Around</b>   |

**Note:** No one allowed in practice area or competition area prior to designated times.

**SPECIAL AWARDS:  
Coaches Hall of Fame Award; Coaches Leadership Award  
NFOA Award; Judges Leadership Award  
Sarah Nitz Award; Pete Torino Award  
Distinguished Service Award**