

*MID MICHIGAN GYMNASTICS, USA  
& MMG BOOSTER CLUB*

*PROUDLY PRESENTS "SWING INTO SPRING" LEVEL  
5/6 STATE QUALIFIER & LEVEL 4, 7 & PREP  
OPTIONAL INVITATIONAL  
MARCH 21<sup>ST</sup> & 22<sup>ND</sup> 2009*

**SATURDAY SESSIONS**

**SESSION 1---LEVEL 6 (85 GYMNAST) 2 FLIGHTS, MODIFIED CAPITAL CUP, \*\*SPLIT TEAMS**

8:30-9:00 CHECK IN/ STRETCH

9:00-9:30 TIMED WARM UPS/ INTRODUCTIONS

9:30-12:00 COMPETITION/ AWARDS TO FOLLOW

SPORTS CLUB OF NOVI (10)  
GRAND BLANC GYMNASTICS (5)  
HARTLAND GYMNASTICS ACADEMY (6)  
OLYMPIA GYMNASTICS ACADEMY (12)  
MID MICHIGAN GYMNASTICS (7)  
CHAMPION GYMNASTICS USA (2)  
NORTHERN LIGHTS GYMNASTICS (2)

WATER'S EDGE (1)  
GEDDERTS TWISTARS USA (21)\*\*  
CASSELL GYMNASTICS (7)  
GRAND TRAVERSE BAY YMCA (3)  
RED CEDAR GYMNASTICS (5)  
GYMNASTIKS UNLIMITED (4)

**SESSION 2---LEVEL 5 (72 GYMNAST) 2 FLIGHTS, MODIFIED CAPITAL CUP, \*\*SPLIT TEAMS**

12:30-1:00 CHECK IN/ STRETCH

1:00-1:30 TIMED WARM UPS/ INTRODUCTIONS

1:30-4:00 COMPETITION/ AWARDS TO FOLLOW

EURO STARS (6)  
SPORTS CLUB OF NOVI (11)  
MAPLE CITY (6)  
OLYMPIA GYMNASTICS ACADEMY (27) \*\*3groups

SPLITZ (13)\*\*  
PHOENIX (4)  
WATER'S EDGE (5)

**SESSION 3---LEVEL 5 (73 GYMNAST) 2 FLIGHTS, MODIFIED CAPITAL CUP, \*\*SPLIT TEAMS**

4:30-5:00 CHECK IN/ STRETCH

5:00-5:30 TIMED WARM UPS/ INTRODUCTIONS

5:30-8:00 COMPETITION/ AWARDS TO FOLLOW

GYMNASTIKS UNLIMITED (10)  
GYM JESTER (1)  
GRAND TRAVERSE BAY YMCA (10)  
GEDDERTS TWISTARS USA (10)

CHAMPION GYMNASTICS USA (13)\*\*  
MID MICHIGAN GYMNASTICS (10)  
AGA GYMNASTICS TRAINING CENTER (12)  
CASSELL GYMNASTICS (7)

**MID MICHIGAN GYMNASTICS, USA**  
**STATE QUALIFIER LEVELS 5-6**  
**INVITATIONAL LEVELS 4,7 & PREP OPTIONALS**

MARCH 22<sup>ND</sup> 2009  
SUNDAY SESSIONS

**SESSION 4**---LEVEL 5 (77 GYMNAST) 2 FLIGHTS, MODIFIED CAPITAL CUP, \*\*SPLIT TEAMS  
8:30-9:00 CHECK IN/ STRETCH  
9:00-9:30 TIMED WARM UPS/ INTRODUCTIONS  
9:30-12:00 COMPETITION/ AWARDS TO FOLLOW

GEDDERTS TWISTARS USA (20)**	ALLENDALE GYMNASTICS CENTER (6)
NORTHSTAR GYMNASTICS (2)	RED CEDAR GYMNASTICS (12)
HARTLAND GYMNASTICS ACADEMY (22)**	GRAND BLANC GYMNASTICS (15)**

**SESSION 5**---LEVEL 4 (51 GYMNAST) 1 FLIGHT, CAPITAL CUP, \*\*SPLIT TEAMS  
12:30-1:00 CHECK IN/ STRETCH  
1:00-1:25 TIMED WARM UPS/ INTRODUCTIONS  
1:25--3:45 COMPETITION/ AWARDS TO FOLLOW

ALLENDALE GYMNASTICS CENTER (2)	CHAMPION GYMNASTICS USA (7)
DREAMCATCHER GYMNASTICS (3)	GEDDERTS TWISTARS USA (21)**
HARTLAND GYMNASTICS ACADEMY (10)	MID MICHIGAN GYMNASTICS (8)

**SESSION 6**---LEVEL 7 (24) & PREP OPTIONALS (B,S,G,P) (33) 2 FLIGHTS, MODIFIED  
CAPITAL CUP, \*\* SPLIT TEAMS  
4:00-4:30 CHECK IN/ STRETCH  
4:30-5:00 TMED WARM UPS/ INTRODUCTIONS  
5:00-7:30 COMPETITION/ AWARDS TO FOLLOW

ALL AROUND GYMNASTICS CENTER (5-S)	ALLENDALE GYMNASTIC CTR (4G, 3-L7)
DREAMCATCHER GYMNASTICS (3S-3G)	EURO STARS (3S,4-L7)
HARTLAND GYMNASTICS (2B-3S,6-L7)**	MID MICHIGAN GYM (1B-4S-1G-3P, 7-L7)**
WATER'S EDGE GYMNASTICS (1G, 4-L7)	

Note: Hartland will be split into a group of 9 and 3.

LOCATION  
MID MICHIGAN GYMNASTICS, USA  
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