

# 14<sup>TH</sup> ANNUAL GOLDSTAR

## INVITATIONAL

JANUARY 7,8

NIAGARA FALLS CONFERENCE CENTER

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### Session Times

<p><b>SATURDAY JAN 7<sup>TH</sup></b> <b><u>SESSION 1 All LEVEL 4's,</u></b> <b><u>and Level 5 11YRS and 12 +</u></b> GYM OPENS 7:15 STRECTH 7:45-8:15 TIMED WARMUPS 8:15-9:30 COMPETE 9:40 AWARDS WILL FOLLOW 63 GYMNASTS</p>	<p><b>SATURDAY JAN 7<sup>TH</sup></b> <b><u>SESSION 2 LEVEL 6 ALL AGES</u></b> ARRIVE 12:00 STRECTH 12:15-12:45 TIMED WARMUPS 12:45-2PM COMPETE 2:10 AWARDS WILL FOLLOW 57 GYMNASTS</p>
<p><b>SATURDAY JAN 7<sup>TH</sup></b> <b><u>SESSION 3 LEVEL 7,8,9,10</u></b> ARRIVE 4PM STRECTH 4:15-4:45 WARM UP COMPETE AWARDS WILL FOLLOW 55 GYMNASTS</p>	<p><b>SUNDAY JAN 8<sup>TH</sup></b> <b><u>SESSION 4 LEVEL 5 7-10 year olds</u></b> ARRIVE 8:30 STRECTH 8:30-9am TIMED WARM UP 9-10:15 COMPETE 10:30 AWARDS WILL FOLLOW 72 GYMNASTS</p>

COACHES PLEASE REMEMBER THAT AGES ARE AS OF 9/1/11 . IF ANYONE HAS ANY QUESTIONS PLEASE CONTACT ME ASAP. ALSO BE AWARE OF THE LEVEL 5 11 YEAR OLDS AND THE 12 + GROUPS WILL BE COMPETING ON JAN 7<sup>TH</sup> SATURDAY MORNING . ALL OTHER 5'S WILL COMPETE SUNDAY MORNING JAN 8<sup>TH</sup>