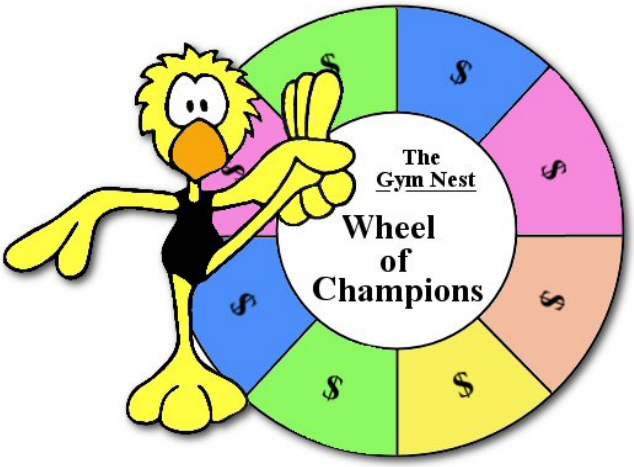

THE GYM NEST
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Macon, GA 31210
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2011Meet Schedule

Saturday, October 22, 2011

Session 1: AAU Level 3

Stretch: 8:30-8:50
Timed Warm Ups: 8:50-9:31
Introduction & Competition: 9:35-11:00
Awards Following this Session

Squad A	Squad B	Squad C	Squad D
TGN 12	Gym Gold 13	Robins 1	Carrollton 7
		SE Elite 9	Legion 5

Session 2: AAU Levels 2, 5, P1

Stretch: 11:45-12:05
Timed Warm Ups: 12:05-12:51
Introduction & Competition: 12:55-2:15
Awards Following this Session

Squad A	Squad B	Squad C	Squad D
Robins 3 (lv 5)	Cats 6 (lv 2)	Gym Gold 5 (lv 2)	SE Elite 2 (lv 2)
TGN 7 (lv 5)	Carrollton 4 (lv 2)	Legion 5 (lv 2)	TGN 6 (lv 2)
TGN 1 (P1)			

Session 3: AAU Levels 4 & P2

Stretch: 3:00-3:20
Timed Warm Ups: 3:20-4:20
Introduction & Competition: 4:20-5:50
Awards Following this Session

Squad A	Squad B	Squad C	Squad D
*Gym Gold 13 (lv 4)	Carrollton 6 (lv 4)	*Gym Gold 5 (lv 4)	In Bound 5 (lv 4)
	*Robins 2 (lv 4)	*Gym Gold 3 (P2)	Legion 4 (lv 4)
		*Robins 2 (P2)	

Saturday, October 22, 2011 cont…

Session 4: USAG Levels 3 & 4

Stretch: 6:15-6:35
Timed Warm Ups: 6:35-7:15
Introduction & Competition: 7:15-8:45
Awards Following this Session

Squad A	Squad B	Squad C	Squad D
Cats 3 (lv 3)	Gym Unl 4 (lv 3)	Lake Country 10 (lv 4)	Kelbren (lv 3)
Cats 9 (lv 4)	Gym Unl 5 (lv 4)		Kelbren 4 (lv 4)
			Am Elite 4 (lv 4)

Sunday, October 23, 2011

Session 5: USA Level 5

Stretch: 8:30-8:50
Timed Warm Ups: 8:50-9:35
Introduction & Competition: 9:35-10:50
Awards Following this Session

Squad A	Squad B	Squad C	Squad D
Gym Unl 7	Gym Gold 5	Tumbleweeds 5	Emerald 2
Robins 1	Am Elite 4	Carrollton 3	In Bound 5
Double Dose 1		Am Finest 1	Legion 3

Session 6: USA Levels 6, 7, 8, Silver, Gold, Platinum

Stretch: 11:45-12:05
Timed Warm Ups: 12:05-12:21
Introduction & Competition: 12:25-2:50
Awards Following this Session

Squad A	Squad B	Squad C	Squad D
Double Dose 1 (lv 6)	Emerald 3 (lv 6)	Cats 5 (Silver)	In Bound 4 (lv 6)
Gym Gold 6 (lv 6)	Kelbren 1 (lv 6)	SE Elite 2 (Gold)	In Bound 4 (lv 7)
Tumbleweeds 2 (lv 6)	Am Finest 5 (lv 6)	Cats 1 (Plat)	In Bound 2 (lv 8)
		Cats 1 (lv 8)	