



**Great Miami Valley  
YMCA Gymnastics**

**December 1, 2018**

**Located at the Fitton Family  
YMCA**

**1307 NW Washington Blvd  
Hamilton, OH 45013**

**Session 1: Levels 3 (55 gymnasts)**

<b>8:00 a.m.</b>	<b>Open stretch</b>
<b>8:15 a.m.</b>	<b>Coaches meeting</b>
<b>8:25 a.m.</b>	<b>Warm-up first event</b>
<b>8:40 a.m.</b>	<b>Presentation of Teams</b>
<b>10:30 a.m.</b>	<b>Awards</b>

**Session 2: Level 4 and 5 (63 gymnasts)**

<b>10:30 a.m.</b>	<b>Open stretch</b>
<b>11:00a.m.</b>	<b>Warm-up first event</b>
<b>11:20 p.m.</b>	<b>Presentation of Teams</b>
<b>1:45 p.m.</b>	<b>Awards</b>

**Session 3: Level 6-9 (63gymnasts)**

<b>1:45 p.m.</b>	<b>Open stretch</b>
<b>2:15 p.m.</b>	<b>Warm-up first event</b>
<b>2:45 p.m.</b>	<b>Presentation of Teams</b>
<b>5:15 p.m.</b>	<b>Awards</b>

**Session 4: XCEL Silver, Gold, Platinum (47 gymnasts)**

<b>5:15 p.m.</b>	<b>Open stretch</b>
<b>5:45 p.m.</b>	<b>Warm-up first event</b>
<b>6:00p.m.</b>	<b>Presentation of Teams</b>
<b>8:15 p.m.</b>	<b>Awards</b>