

2009 Folger's Gymnastics New Year Invitational - Final Schedule

McCracken's Gymnasts Information Is Highlighted in **Red (Girls)**

Session >	1A	1B	1B	2A	2B	3A	3B	4A	4B	5A	5B	6A	6B	7A	7B	8A	8B	9B				
Level >	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Girls	Boys	Boys				
Teams >	7	4	5	8	6	7	5	Level 8	4	Level 9	7	Level 10	4	6	unsan.	5	4 & 5	6 & up				
	Diamond Edge Lib Folger's Ok. Gold Tulsa World Wichita	CATTS Copeland Folger's Heartland Ok. Gold	CATTS Copeland Edge Lib Folger's Heartland Ks. Kips Tulsa World Xtreme Sal	Diamond Edge Lib Folger's KGDC MEGA Ok. Gold Sh. Stars Wichita Williams Xtreme Sal	B. Conner CATTS Copeland Edge Lib Folger's MEGA Mercury Wichita Ok. Gold Tulsa World Xtreme Sal	B. Conner Cahoy's Dynamo Ks. Kips MEGA Victory Williams Xtreme Sal	Air Capital B. Conner FF shop MEGA Mercury Ok. Gold Wichita	B. Conner Cahoy's Dynamo Jet KC elite McCracken's Mercury NE Twisters Xtreme LS	KGDC MEGA Tulsa World Xtreme Sal	B. Conner Cahoy's Conoco Ph. Diamond Dynamo Folger's Mercury Gym Plus Jet KC elite KGDC Mat Trotters NE Twisters Victory Wichita Williams Xtreme LS	Air Capital Edge Riv FF shop KGDC Mat Trotters Mercury NW Saltos Reg. Aries Sh. Stars Xtreme LS	B. Conner Conoco Ph. Diamond Dynamo Folger's Jet KC elite Mat Trotters Mercury Sh. Stars Wichita Williams Xtreme LS	Air Capital FF shop Grand Lake Gym Plus NW Saltos Victory Wichita	Bellers Diamond Edge Riv Gym Plus KC elite KGDC Mat Trotters NW Saltos Sh. Stars Victory Xtreme LS	ALL GIRLS UNSANC TIONED	Bellers Diamond Edge Riv Gym Plus KGDC Mat Trotters NW Saltos Victory Xtreme LS	ALL LEVEL 4 & 5 BOYS	ALL LEVEL 6 & UP BOYS				
	<ul style="list-style-type: none"> All Sessions Will Be Modified Capital Cup There Is a Warm-up Gym for Beam (This Will Speed up the Meet) We Will Do a 30 Second Touch Warm-up on the Competition Beams 																					
Day	Friday	Friday	Friday	Friday	Friday	Sat.	Sat.	Sat.	Sat.	Sat.	Sat.	Sat.	Sat.	Sun.	Sun.	Sun.	Sun.	Sun.				
Date	Jan. 9	Jan. 9	Jan. 9	Jan. 9	Jan. 9	Jan. 10	Jan. 10	Jan. 10	Jan. 10	Jan. 10	Jan. 10	Jan. 10	Jan. 10	Jan. 11	Jan. 11	Jan. 11	Jan. 11	Jan. 11				
General	2:00	2:00	2:00	5:00	6:00	8:00 AM	8:00 AM	11:15	11:15	2:45	2:45	6:15	5:45	8:00 AM	8:00 AM	11:15	12:00	2:30				
Stretch	2:30	2:30	2:30	5:30	6:30	8:30	8:30	11:45	11:45	3:15	3:15	6:45	6:15	8:30	8:30	11:45	12:20	2:50				
Timed																						
Warm-up																						

Host Hotel

Wichita Marriott
 9100 Corporate Hills Dr.
 800-610-0673
 \$90 a night (single or multiple)

You must mention the Folger's New Year Invitational to get this rate.

- We will be running 2 meets at a time.
- When arriving, find your equipment ("A" or "B")
- If the session before yours is still finishing, there will be an area behind the curtains at the back of the gym to begin
- General stretch. You can report to that area at the time listed.
- We hope everyone enjoys another great NYI. As always, we welcome your comments, compliments and complaints.
- Each of these will help us run more enjoyable in the future.