

McCracken's Gymnastics and Swim, Inc.

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Dear Coaches:

Thank you for your support of the 2008 St. Nick Co-ed Classic. The level 5-10 girls' sessions will be modified capital cup. The girls' level 3 & 4 sessions will be traditional format. The boys' league, level 4 & 5 sessions will be an open warm-up format and the boys' levels 6 – 8 session will be modified capital cup. The final schedule is below. If you have any questions feel free to call me at (913)782-8555. I am looking forward to seeing all of you.

Mary

2008 St. Nick Co-ed Classic Final Schedule

Friday, December 12th, 2008

Girls – Levels 7 - 10

Open Stretch	5:00 – 5:30pm
March In	5:30 – 5:35pm
Warm – up 1 st event	5:35 – 5:50pm
Competition	5:50 – 8:00pm

****Awards immediately following each session****

Saturday, December 13th, 2008

Girls - Level 3 (non-sanctioned)

Open Stretch	10:30 – 10:45am
Timed Warm-ups	10:45 – 11:30am
March In	11:30 – 11:35am
Competition	11:35 – 12:30pm

Girls - Level 4

Open Stretch	1:00 – 1:30pm
Timed Warm-ups	1:30 – 2:30pm
March In	2:30 – 2:40pm
Competition	2:40 – 4:30pm

Girls – Level 5 & 6

Open Stretch	5:00 – 5:30pm
March In	5:30 – 5:35pm
Warm-up 1 st event	5:35 – 5:45pm
Competition	5:45 – 8:30pm

****Awards immediately following each session. ****

Sunday, December 14th, 2008

Boys Level 4 & 5(non -sanctioned) + Open Comp.

Open Stretch	9:30 – 9:45am
Warm-up 6 events	9:45 – 10:15am
March In	10:15am
Competition	10:20am – 11:30am

Boys Level 4 & 5 sanctioned

Open Stretch	12:00 – 12:15pm
Warm-up 6 events	12:15 – 1:00pm
March In	1:00 – 1:05pm
Competition	1:05 – 3:00pm

Boys – Level 6 - 8

Open Stretch	3:30 – 4:00pm
Warm-up 1 st event	4:00 – 4:15pm
Competition	4:20 – 6:15pm

****Awards immediately following each session****
