

# McCracken's Gymnastics and Swim, Inc.

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Dear Coaches:

Below is the final schedule for March Madness 2010. All sessions except for the level 4 sessions will be modified capital cup. We will use 2 sets of bars, 2 beams, 1 vault and 1 floor exercise. If you are not familiar with this format, please do not hesitate to call me at the gym. If you have any other questions, you may call me as well. I look forward to seeing all of you in a couple of weeks.

Thanks,  
Mary

**2010 March Madness**  
**Final schedule**  
**Saturday, March 6<sup>th</sup>, 2010**  
**\*\*Ages based on March 21, 2010\*\***

	<b><u>Level 4 (ages 6-8yrs)</u></b>	<b><u>Level 4 (ages 9+yrs)</u></b>
Open Stretch	10:30 – 10:45am	1:45 – 2:00pm
Timed Warm-up	10:45 – 11:45am	2:00 – 3:00pm
March In	11:45am	3:00pm
Competition	12:00 – 1:15pm	3:15 – 4:45pm

**Levels 6 - 10**

Open Stretch	5:30 – 6:00pm
March In	6:00pm
Warm-up 1 <sup>st</sup> event	6:15pm
Competition	6:30 – 9:30pm

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

\*\*Level 4 team awards will follow the second level 4 session\*\*

**Sunday, March 7<sup>th</sup>, 2010**

	<b><u>Level 5 (ages 7-9 &amp; 13+yrs)</u></b>	<b><u>Level 5 (ages 10-12yrs)</u></b>
Open Stretch	10:00 – 10:30am	1:00 – 1:30pm
March In	10:30am	1:30pm
Timed Warm-up	10:40am	1:40pm
Competition	10:45am – 12:30pm	1:45 – 3:30pm

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

\*\*Level 5 team awards will follow the second level 5 session\*\*