

Welcome to Gym-Jester's BRAVO INVITATIONAL, SUNDAY, APRIL 25, 2010

Pick up your meet info in our office...thanks!

Equipment Use...

You may use either balance beam.

Vault is set up for the use of the vault table and the mats.

You may use either set of bars.

Our coaches will assist with any bar adjustment problems.

Please tell the music person your gymnast's level! (by the vault mat)

Warm-up/Compete at all sessions - Timed 15 minute warm-up

Introductions & National Anthem...

Please have all of your gymnast's line up AROUND THE FLOOR MAT.

Athlete seating: Vault - sit on the pit tumbling runway

Bars - sit on the high bar mats

Beam - sit closer to the floor mat

Floor - sit on the high bar mats.

SUNDAY, SESSION 1 FLY HIGH FUN MEET (JUDGES ARRIVE BY 8:00 AM)

Gym open	7:45 am
Introductions	8:20 am
Rotation 1	8:30 am
Rotation 2	9:10 am
Rotation 3	9:50 am
Rotation 4	10:30 am
Handstands & Awards	11:30 - 12:00 pm

SQUADS:

A - VAULT	GJGC - 16
B - BARS	GRAND BLANC L2 - 11, RED CEDAR - 6
C - BEAM	OAKLAND -17
D - FLOOR	INFINITY L4 - 11

15 minute warm-up/ compete first event, continue in Olympic Order (V, UB, BB, FL)

The competitive order of each squad is L1, L2, L3, L4, L5

SEE HELEN IF YOU HAVE QUESTIONS.

SESSION 2 FLY HIGH FUN MEET

Gym Opens	12:15 pm	(please do not come early- parking in our lot and on
Introductions	12:50 pm	local streets...NOT ON Weiss Street)
Rotation 1	1:00 pm	
Rotation 2	1:40 pm	
Rotation 3	2:20 pm	
Rotation 4	3:00 pm	
Handstands & Awards	3:50 pm	

VAULT	INFINITY L2 - 16
BARS	GRAND BLANC L3 - 17
BEAM	BAY VALLEY 13, NORTHERN LIGHTS - 5
FLOOR	CLIO - 12, NORTHERN LIGHTS - 5

Warm-up 15 minutes, then compete, follow Olympic Order
The competitive order of each squad is Level 1,2,3,4,5

SESSION 3 FLY HIGH LEVEL'S 4 AND 5 2 JUDGE PANELS

Gym opens	4:30 pm
Introductions	5:00 pm
Rotation 1	5:10 pm
Rotation 2	5:45 pm
Rotation 3	6:20 pm
Rotation 4	7:00 pm
Awards	7:35 pm

Rotation 1	VAULT - BARS	GJGC - 11 (begin on vault)
Rotation 2	BARS - VAULT	GRAND BLANC - 16 (begin on bars)
Rotation 3	BEAM - FLOOR	GJGC - 11 (begin on beam)
Rotation 4	FLOOR - BEAM	GRAND BLANC - 16 (begin on floor)

Warm-up 15 minutes then compete

Thanks for attending our Bravo Invitational. Have a great meet and safe trip home! Any questions...call Helen 989-754-7401, Directions are on our website. www.gymjesters.com