

# LOUISIANA OPEN 2011

## **SESSION 1: LRG LEVEL 2 GIRLS {65}**

SATURDAY, NOV. 19, 2011

**Schedule:** 8:00 - 8:15AM Stretch & Coaches meeting  
8:15 - 8:22AM Warm-up first event  
8:22 - 11:00AM Opening ceremonies & compete  
11:00 - 12:00NOON Awards

**North shore split into 2 groups**

## **SESSION 2: LRG LEVELS 1, 3 & 4 GIRLS {75}**

SATURDAY, NOV. 19, 2011

**Schedule:** 11:00 - 11:15AM Stretch & Coaches meeting  
11:15 - 11:33AM Warm-up first event  
11:33 - 2:30PM Opening ceremonies & competition  
2:30 - 3:30PM Awards

**C.G.'s split into 2 groups: (L-1) & (L-3)**

## **SESSION 3: SANCTIONED LEVEL GIRLS 3, 4, & 5 {66}**

SATURDAY, NOV. 19, 2011

**Schedule:** 2:30 - 2:50PM Stretch & Coaches meeting  
3:00 - 3:18PM Warm-up 1<sup>st</sup> event  
3:18 - 6:10PM Opening ceremonies, compete.  
6:10 - till Awards

**CC's Squad split into 2 groups (L-3 & 4) & (L-5)**

## **SESSION 4: SANCTIONED LEVELS 6, 7, 8, & 9 GIRLS {31}**

SATURDAY, NOV. 19, 2011

**Schedule:** 6:10 - 6:40PM Stretch & Coaches meeting  
6:40 - 6:60PM Warm-up 1<sup>st</sup> event  
6:60 - 9:20PM Opening ceremonies, compete.  
9:20 - Till Awards

**C.G.'s split into 3 groups: (L-6), (L-7), & (L- 8 & 9)**

## **SESSION 5: BOYS - ALL LEVELS SANCTIONED {85}**

SUNDAY, NOV. 20, 2011

**Schedule:** 8:30 - 9:00AM Stretch & Coaches meeting  
9:00 - 9:20PM Warm-up 1<sup>st</sup> event  
9:20 - 12:55PM Opening ceremonies, compete.  
1:00 - Till Awards (4 & 5 Back gym, 6-10 competition gym)

**C.G.'s split into 2 groups: (L-7, 9, 10) & (L-4, 5)**

**Gym sport split into 2 groups: (L-4, 5) & (L-6, 10)**