

5280 MILE HIGH MEN'S INVITATIONAL FINAL MEET SCHEDULE



10601 W. 44th Avenue
Wheat Ridge, CO 80033
(303) 431-8838

FRIDAY & SATURDAY, MARCH 12-13, 2010

Session 1 – Friday, March 12, 2010 - Level 4

Traditional Format

| | |
|-----------|--------------------|
| 4:30 P.M. | Open Stretch |
| 4:40 P.M. | Coaches Meeting |
| 5:00 P.M. | Timed warm-ups |
| 6:10 P.M. | March In |
| 6:20 P.M. | Competition Begins |
| 8:00 P.M. | Awards |

Session 2 – Saturday, March 13, 2010 - Level 5

Traditional Format

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|------------|--------------------|
| 7:30 A.M. | Open Stretch |
| 7:40 A.M. | Coaches Meeting |
| 8:00 A.M. | Timed warm-ups |
| 9:10 A.M. | March In |
| 9:20 A.M. | Competition Begins |
| 11:00 A.M. | Awards |

Session 3 – Saturday, March 13, 2010 - Levels 8, 9, & 10

Modified Capitol Cup Format

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|------------|--------------------|
| 12:00 P.M. | Open Stretch |
| 12:10 P.M. | Coaches Meeting |
| 12:30 P.M. | March In |
| 12:40 P.M. | Competition Begins |
| 4:30 P.M. | Awards |

Session 3 – Saturday, March 13, 2010 - Levels 6 & 7

Modified Capitol Cup Format

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|-----------|--------------------|
| 5:00 P.M. | Open Stretch |
| 5:10 P.M. | Coaches Meeting |
| 5:30 P.M. | March In |
| 5:40 P.M. | Competition Begins |
| 9:15 P.M. | Awards |

MEET RESULTS WILL BE E-MAILED TO ALL CLUBS
AND WILL BE POSTED ONLINE AT 5280GYMNASTICS.COM