

2020 COACHES CUP INVITATIONAL

Friday, March 20th, 2020

SESSION I **LEVEL 7 Junior A Year 2009 + Junior B (19 gymnasts)**

7:30am-8:30am	Gym opens - General Warm-Up (warm-up area)
8:30am- 8:35am	Iliana RG (1), Gymnastics World (2), North-East Rhythmic(1), IK Gymnastics (2)
8:35am-8:40am	Philadelphia RA (2), Royal Rhythmic Academy (1), Prima (1), Nova (1), RSGA (1)
8:40am-8:45am	Liberty (7)
8:45am-11:20am	March In and COMPETITION

SESSION II **LEVEL 7 Junior A Year 2008+ Child C (16 gymnasts)**

10:20am- 11:20am	General Warm-up (warm-up area)
11:20am-11:25am	Gymnastics World(4), Iliana RG (1), North- East (2), Miami Gymnastics(1)
11:25am-11:30am	IK Gymnastics(1), Liberty(2), Philadelphia RA (2), Royal Rhythmic Academy(2), Prima(1)
11:30am-1:45pm	March In and COMPETITION

*** Awards Ceremony for Sessions I and II ***

SESSION III **LEVEL 8 Junior B (17 gymnasts)**

1:10pm-2:10pm	General Warm- Up (warm-up area)
2:10pm-2:15pm	Liberty(3), Royal Rhythmic Academy(1), Iliana RG(2), Gymnastics World(1), La Luna (1)
2:15 pm-2:20pm	IK Gymnastics(4), Gold Ray (1), Philadelphia RA(1), Prima (1), North-East (1), M&N (1)
2:20pm-4:40pm	March In and COMPETITION

SESSION IV **LEVEL 8 Junior A Year 2008 (13 gymnasts)**

3:40pm-4:40pm	General Warm- Up (warm-up area)
4:40pm-4:45pm	Liberty (3), Gymnastics World (2), Iliana RG (1), Rhythmic Dreams(1)
4:45pm- 4:50pm	Gold Ray (1), Philadelphia RA (1), M&N (1), Evergreen RG(1), Empire RG (1), Royal Rhythmic Academy (1)
4:50pm-6:40pm	March In and COMPETITION

*** Awards Ceremony for Sessions III and IV ***

SESSION V **LEVEL 8 Junior A Year 2009 + FIG JR Group (11 gymnasts)**

6:10pm-7:10pm	General Warm- Up (warm-up area)
7:10pm-7:15pm	FIG JR Group
7:15pm- 7:20pm	Iliana RG(1), Isadora (3), M&N (2), Gold Ray (1), IK Gymnastics (2), Liberty (2)
7:20pm-9:05pm	March In and COMPETITION

*** Awards Ceremony for Session V ***

2020 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Saturday, March 21st, 2020

SESSION I **LEVEL 9 Junior A Year 2007 Aug.- Dec. (14 gymnasts)**



7:30am-8:30am	General Warm- Up (warm-up area)
8:30am-8:33am	Miami Gymnastics (2), Rhythmic Stars (1), Rhythmic Dreams (1), North Shore (3)
8:33am-8:36am	Isadora (2), North West RG (2), Iliana RG (2), IK Gymnastics (1)
8:37am-9:35am	COMPETITION

SESSION II **LEVEL 9 Junior B Year 2007 Jan.-July (13 gymnasts)**

8:35am-9:35am	General Warm- Up (warm-up area)
9:35am-9:38am	North Shore (1), Elegance (2), Nova (1), Rhythmic Ribbon of Texas (1), Empire RG (1),
9:38am-9:41am	Isadora (3), Rhythmic Dreams (1), M&N Rhythmic Academy (1), La Luna (1), North West (1)
9:42am-10:35am	COMPETITION

SESSION III **LEVEL 9 Junior C Year 2006 Aug.-Dec. (15 gymnasts)**

9:35am-10:35am	General Warm- Up (warm-up area)
10:35am-10:38am	North Shore Rhythmic(3), Rhythmic Stars(1), North West(1), Rhythmic Dreams (1), M &N (2),
10:38am-10:41am	Elegance (1), Liberty (3), Gymnastics World(1), IK Gymnastics (1), Marquee RG (1)
10:42am-11:40am	COMPETITION

SESSION IV **LEVEL 9 Junior D Year 2006 Jan.-July (18 gymnasts)**

10:40am-11:40am	General Warm- Up (warm-up area)
11:40am-11:43am	Isadora (4), Philadelphia RA (1), Liberty (2), IK Gymnastics (2)
11:43am-11:46am	Rhythmic Dreams (1), NorthWest Rhythmic (1), M&N Rhythmic Academy (4), La Luna (1), Miami Gymnastics (1), Empire RG (1)
11:47am-1:00pm	COMPETITION

1:00 pm OPENING CEREMONY FOR ALL GYMNASTS
***** 2 events Awards for Level 9 Juniors A-D *****

SESSION V **LEVEL 9 Junior E Year 2005 Aug-Dec. (16 gymnasts)**

12:35pm-1:35pm	General Warm- Up (warm-up area)
1:35pm-1:38pm	Empire RG (2), North Shore Rhythmic (2), Elegance (2), North-East (1), Iliana RG (1)
1:38pm-1:41pm	Isadora (2), Rhythmic Ribbon of Texas(1), Rhythmic Stars (1), Gold Ray (1), Philadelphia RA (2), Royal Rhythmic Academy (1)
1:42pm-2:45pm	COMPETITION

2020 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Saturday, March 21st, 2020

SESSION VI **LEVEL 9 Junior F Year 2005 Jan.-July (15 gymnasts)**

1:45pm-2:45pm	General Warm- Up (warm-up area)
2:45pm-2:48pm	Empire RG (1), Isadora (4), Philadelphia RA (1), Royal Rhythmic Academy (1), La Luna (1)
2:48pm-2:51pm	Elegance (1), North Shore Rhythmic(2), Mosaic Gymnastics(1), IGM (2), Rhythmic Ribbon (1)
2:52pm-3:52pm	COMPETITION

SESSION VII **LEVEL 9 Hope (14 gymnasts)**

2:50pm-3:53 pm	General Warm- Up (warm-up area)
3:53pm-3:56pm	Matchpoint (1), Miami RG (1), Prima (2), Empire RG (1), Evergreen RG(1), Rhythmic Stars (1)
3:56pm- 3:59pm	Rhythmic Dreams (1), Elegance (1), Liberty (4), North-East (1)
4:00pm-4:56pm	COMPETITION

SESSION VIII **LEVEL 10 Hope/Junior (14 gymnasts)**

3:55pm-4:55pm	General Warm- Up (warm-up area)
4:57pm-5:00pm	North Shore Rhythmic (2), Isadora (2), Rhythmic Stars (1), Empire RG(1), Evergreen RG (1)
5:00pm-5:03pm	Rhythmic Dreams (2), Iliana RG (2), NorthWest Rhythmic(1), Manhattan RG (1), Miami (1)
5:04pm-6:00pm	COMPETITION

*** 2 events Awards for Level 9 Juniors E&F, Hopes, 10 Juniors ***

SESSION IX **LEVEL 9 Senior (25 gymnasts)**

5:25pm-6:25pm	Gym Opens - General Warm-up (warm-up area)
6:27pm-6:30 pm	Nova (1), Empire RG(2), Elegance (1), Miami (1), IK Gymnastics (1), North-East(2), M& N(1), Matchpoint (2), Manhattan RG(1)
6:30pm-7:18 pm	COMPETITION for group A (12 gymnasts- year 2004)
7:19pm-7:22 pm	North Shore Rhythmic (5), Mosaic Gymnastics (2), Prima (1), Rhythmic Stars (1), Isadora(3), La Luna (1)
7:23 pm-8:15pm	COMPETITION for group B (13 gymnasts-year 2004 and older)

SESSION X **LEVEL 10 Senior (20 gymnasts)**

7:15pm-8:15pm	General Warm- Up (warm-up area)
8:15pm-8:18pm	Rhythmic Ribbon of Texas (1), Isadora (1), Evergreen RG(1), Liberty (1), Gymnastics World(1) Burlo Gymnastics (1), North Shore (2), Miami RG(1), Privilege (1)
8:19pm-9:00pm	COMPETITION for group A (10 gymnasts: 8 Elite +2)
9:00pm-9:03pm	Philadelphia RA(1), Liberty (1), Manhattan RG(2), North Shore (1), Rhythmic Dreams (1), North-East (2), La Luna (1), Elegance (1)
9:04pm- 9:45pm	COMPETITION for group B (10 gymnasts)

*** 2 events Awards for Levels 9 and 10 Senior ***

2020 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Sunday, March 22nd, 2020

SESSION I **LEVEL 9 Junior C (15 gymnasts)**

7:30am-8:23am	General Warm- Up (warm-up area)
8:23am-8:26am	Elegance (1), Liberty (3), Gymnastics World(1), IK Gymnastics (1), Marquee RG (1)
8:26am-8:29am	North Shore Rhythmic(3), Rhythmic Stars(1), North West(1), Rhythmic Dreams(1),M&N (2),
8:30am-9:30am	COMPETITION

SESSION II **LEVEL 9 Junior D (18 gymnasts)**

8:30am-9:30am	General Warm- Up (warm-up area)
9:30am-9:33am	Rhythmic Dreams (1), NorthWest Rhythmic (1), M&N Rhythmic Academy (4), La Luna (1), Miami Gymnastics (1), Empire RG (1)
9:33am-9:36am	Isadora (4), Philadelphia RA (1), Liberty (2), IK Gymnastics (2)
9:37am-10:50am	COMPETITION

SESSION III **LEVEL 9 Junior A (14 gymnasts)**

9:50am-10:50 am	General Warm- Up (warm-up area)
10:50am-10:53am	Isadora (2), North West RG (2), Iliana RG (2), IK Gymnastics (1)
10:53am-10:56am	Miami Gymnastics (2), Rhythmic Stars (1), Rhythmic Dreams (1), North Shore (3)
10:57am-11:53am	COMPETITION

SESSION IV **LEVEL 9 Junior B (13 gymnasts)**

10:50am-11:50am	General Warm- Up (warm-up area)
11:53am-11:56am	Isadora (3), Rhythmic Dreams (1), M&N Rhythmic Academy(1), La Luna (1), North West (1)
11:56am-11:59am	North Shore (1), Elegance (2), Nova (1), Rhythmic Ribbon of Texas (1), Empire RG (1),
12:00pm-12:52pm	COMPETITION

*** 2 events and All-around Awards for Level 9 Juniors Groups A-D ***

SESSION V **LEVEL 9 Junior F (15 gymnasts)**

12:15pm-1:15pm	General Warm- Up (warm-up area)
1:15pm-1:18pm	Elegance(1), North Shore Rhythmic(2), Mosaic Gymnastics(1), IGM(2), Rhythmic Ribbon (1)
1:18pm-1:21pm	Empire RG (1), Isadora (4), Philadelphia RA (1), Royal Rhythmic Academy (1), La Luna (1)
1:22pm-2:22pm	COMPETITION

SESSION VI **LEVEL 9 Junior E (16 gymnasts)**

1:20pm-2:20pm	General Warm- Up (warm-up area)
2:23pm-2:26pm	Isadora (2), Rhythmic Ribbon of Texas(1), Rhythmic Stars (1), Gold Ray (1), Philadelphia RA (2), Royal Rhythmic Academy (1)
2:26pm-2:29pm	Empire RG (2), North Shore Rhythmic (2), Elegance (2), North-East (1), Iliana RG (1)
2:30pm-3:35pm	COMPETITION

2020 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Sunday, March 22nd, 2020

SESSION VII **LEVEL 9 Hope (14 gymnasts)**

2:35pm-3:35pm	General Warm- Up (warm-up area)
3:35pm-3:38pm	Rhythmic Dreams (1), Elegance (1), Liberty (4), North-East (1)
3:38pm-3:41pm	Matchpoint (1), Miami RG (1), Prima (2), Empire RG (1), Evergreen (1), Rhythmic Stars (1)
3:42pm-4:40pm	COMPETITION

SESSION VIII **LEVEL 10 Hope/Junior (14 gymnasts)**

3:40pm-4:40 pm	General Warm- Up (warm-up area)
4:40pm-4:43pm	Rhythmic Dreams (2), Iliana RG (2), NorthWest Rhythmic(1), Manhattan RG (1), Miami RG(1)
4:43pm- 4:46pm	North Shore Rhythmic (2), Isadora (2), Rhythmic Stars (1), Empire RG(1), Evergreen RG (1)
4:47pm-5:45pm	COMPETITION

***** 2 events and All-Around Awards for Level 9 Juniors Groups A-B, Hopes and 10 Junior****

SESSION IX **LEVEL 9 Senior (24 gymnasts)**

5:15pm-6:15pm	Gym Opens - General Warm-up (warm-up area)
6:15pm-6:18pm	North Shore Rhythmic (5), Mosaic Gymnastics (2), Prima (1), Rhythmic Stars (1), Isadora(2), La Luna (1)
6:19pm-7:07pm	COMPETITION for group B (12 gymnasts: year 2004 and older)
7:08pm-7:11pm	Nova (1), Empire RG(2), Elegance (1), Miami (1), IK Gymnastics (1), North-East(2), M& N(1), Matchpoint (2), Manhattan RG(1)
7:12pm-8:00pm	COMPETITION for group A (12 gymnasts: year 2004)

SESSION X **LEVEL 10 Senior (20 gymnasts)**

7:00pm-8:00pm	General Warm- Up (warm-up area)
8:00pm-8:03pm	Philadelphia RA(1), Liberty (1), Manhattan RG(2), North Shore (1), Rhythmic Dreams (1), North-East (2), La Luna (1), Elegance (1)
8:04pm-8:45pm	COMPETITION for group B (10 gymnasts)
8:46pm-8:49pm	Rhythmic Ribbon of Texas (1), Isadora (1), Evergreen RG(1), Liberty (1), Gymnastics World(1) Burlo Gymnastics (1), North Shore (2), Miami RG(1), Privilege (1)
8:50pm-9:30pm	COMPETITION for group A (10 gymnasts: 8 Elite +2)

***** 2 events and All-Around Awards for Levels 9 and 10 Senior *****

**** COACHES CUP AWARD ****