

2020 Ready or Not NJ State Invitational

The College of Saint Elizabeth
2 Convent Rd. Morristown, NJ 07960

DAY 1- SATURDAY JANUARY 11, 2020

Session	START	END	Level /Age Grp
GYM opens	7:30am	Athletes may warmup 45mins prior to their session.	
7:30AM Session 1	8:15 AM	10:10AM	XCEL ALL & Level 3's <i>Lizaf, Masha, Liza Z, Alissa</i>
Session 2	10:20 AM	10:35 AM	Beginner Group (2)
GYM opens	9:45AM	Athletes may warmup 1 hr. prior to their session.	
8:45AM Session 3A	10:45AM	11:55AM	Level 4 Child C (2 apparatus) <i>Jela, Sophia, Sabrina,</i>
9:55AM Session 3B	11:55 AM	1:30 PM	Level 4 Child C (Floor)
	11:55 AM	1:30 PM	Level 4 Child B & Junior A <i>→ Isabella K, Alisa, Lily</i>

LUNCH BREAK 1:30-2:00PM

GYM opens	1:00PM	Athletes may warmup 1 hr. prior to their session.	
Session 4	2:00 PM	3:30 PM	Level 5 JR A & Child B
1:45PM Session 5	3:45 PM	5:30 PM	Level 5 Child C <i>→ Liza, Lauren, Alina, Albina, Anna</i>

DINNER BREAK 5:30-6:00PM

GYM opens	5:00PM	Athletes may warmup 1 hr. prior to their session.	
4:00PM Session 6	6:00 PM	8:30 PM	Level 8 All - <i>Maya, Katrina</i>

DAY 2- SUNDAY JANUARY 12, 2020

Session	Time start	Time end	Level /Age Grp
GYM opens	7:30am	Athletes may warmup 1hr prior to their session.	
7:20AM Session 7	8:30 AM	10:05 AM	Level 6 Child C & Junior A (2009) - <i>Aydan</i>
Session 8	10:15 AM	12:00 PM	Level 6 Junior A (2008) & Junior B

LUNCH BREAK 12:00- 12:30PM

Session 9	12:30 PM	1:45 PM	Level 7 Junior B JR
12:00PM Session 10	2:00 PM	4:10 PM	Level 7 Junior A & Child C - <i>Stephanie, Phiana, Haylee, Sophie, Kamika</i>
2:15PM Session 11	4:15 PM	6:15 PM	Level 9 Juniors - <i>Sofia, Katya</i>

DINNER BREAK 5:30-6:00PM

4:45 Session 12	6:45 PM	8:00 PM	Level 9 SR Level 10 JR/SR - <i>Dasha</i>
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