

2022 COACHES CUP INVITATIONAL

Friday, March 18th, 2022

SESSION I **LEVEL 7 Junior B (12 gymnasts)**

7:30am-8:30am	Gym opens - General Warm-Up (warm-up area)
8:30am- 8:35am	Gymnastics World (1), Prestige (1), Zara (2), Rhythmic Art (2),
8:35am-8:40am	Prima (2), Nova (1), Empire RG (2), Bessonova's school (1)
8:40am-10:25am	March In and COMPETITION

SESSION II **LEVEL 7 Junior A Year 2010 (13 gymnasts)**

9:25am- 10:25am	General Warm-up (warm-up area)
10:25am-10:30am	Empire RG (1), Rhythmic Art (1), Prestige (2), RA of LA (1), Nely's school (1)
10:35am-10:35am	Nova (2), Gold Ray (2), Philadelphia RA (2), Prima (1)
10:35am-12:25pm	March In and COMPETITION

SESSION III **LEVEL 7 Junior A Year 2011 (10 gymnasts)**

11:25am-12:25pm	General Warm- Up (warm-up area)
12:25pm-12:30pm	Iliana RG (1), Gymnastics World(1), Zara (1), Nova (1), Gold Ray (1), RA of LA (1), Philadelphia RA (2), Bessonova's school (2)
12:30pm-1:55pm	March In and COMPETITION

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

SESSION IV **LEVEL 7 Child C (13 gymnasts)**

1:20pm-2:20pm	General Warm- Up (warm-up area)
2:20pm-2:25pm	Nely's school (2), RA of LA (2), Rhythmic Art (2), Nova (1)
2:25 pm-2:30pm	Bessonova's school (3), Gold Ray (3)
2:30pm-4:20pm	March In and COMPETITION

SESSION V **LEVEL 8 Junior A (18 gymnasts)**

3:20pm-4:20pm	General Warm- Up (warm-up area)
4:20pm-4:25pm	Gymnastics World (1), Iliana RG (1), Jubilee (1), Philadelphia RA (1), RA of LA (3), Zara (2)
4:25pm- 4:30pm	Rhythmic Art (4), Empire RG (1), Bessonova's school (2), RGSA (1), Prima (1)
4:30pm-7:00pm	March In and COMPETITION

*** Awards Ceremony for Sessions IV and V ***

SESSION VI **LEVEL 8 Junior B (16 gymnasts)**

6:20pm-7:20pm	General Warm- Up (warm-up area)
7:20pm-7:25pm	Evergreen RG (2), Nova (1), Balis (1), Rhythmic Art (1), Bessonova's school (1), Jubilee (1), Zara (1)
7:25pm- 7:30pm	Gymnastics World (2), Philadelphia RA (4), Empire RG (1), RSGA (1)
7:30pm-9:40pm	March In and COMPETITION

*** Awards Ceremony for Session VI ***

2022 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Saturday, March 19th, 2022

SESSION I LEVEL 9 Junior A Year 2009 (16 gymnasts) ☐ ●

7:30am-8:30am	General Warm- Up (warm-up area)
8:30am-8:33am	Iliana RG (1), Rhythmic Art (3), Dynamics (1), RA of LA (3)
8:33am-8:36am	Isadora (5), Prima (3)
8:37am-9:50am	COMPETITION

SESSION II LEVEL 9 Junior B Year 2008 July-Dec. (14 gymnasts)

8:50am-9:50am	General Warm- Up (warm-up area)
9:50am-9:53am	Gymnastics World (7)
9:53am-9:56am	Isadora (3), Empire RG (1), Zara (1), Evergreen RG (2)
9:57am-11:00am	COMPETITION

SESSION III LEVEL 9 Junior C Year 2008 Jan.-June (14 gymnasts)

10:00am-11:00am	General Warm- Up (warm-up area)
11:00am-11:03am	Isadora (4), RSGA (1), Prima (1), Philadelphia RA (1)
11:03am-11:06am	Empire RG (1), Zara (1), Evergreen RG (1), Rhythmic Art (1), Emerald City (1), Elegance (1), Nely's school (1)
11:07am-12:10pm	COMPETITION

SESSION IV LEVEL 9 Junior D Year 2007 July-Dec. (11 gymnasts)

11:10am-12:10pm	General Warm- Up (warm-up area)
12:10pm-12:13pm	Zara (1), Emerald City (1), Elegance (1), Nely's school (1), Gymnastics World (2), Balis (1), Gold Ray (1), Iliana RG (1), Bessonova's school (1), NorthWest Rhythmic (1)
12:14pm-1:00pm	COMPETITION

1:05 pm OPENING CEREMONY FOR ALL GYMNASTS
***** 2 events Awards for Level 9 Junior Groups A-D *****

SESSION V LEVEL 9 Junior E Year 2007 Jan.-June (11 gymnasts)

12:35pm-1:35pm	General Warm- Up (warm-up area)
1:35pm-1:38pm	Empire RG (1), Elegance (1), Isadora (2), Bessonova's school (1), NorthWest Rhythmic (2), Nova (1), Philadelphia RA (1), Jubilee (1), Nely's school (1)
1:39pm-2:30pm	COMPETITION

SESSION VI LEVEL 9 Hope (12 gymnasts)

1:30pm-2:30 pm	General Warm- Up (warm-up area)
2:30pm-2:33pm	Empire RG (2), Isadora (2), Bessonova's school (2), NorthWest Rhythmic (2), Nova (1), Nely's school (1), Iliana RG (1), RA of LA (1)
2:34pm-3:30pm	COMPETITION

2022 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Saturday, March 19th, 2022

SESSION VII **LEVEL 10 Junior (8 gymnasts)**

2:30pm-3:30pm	General Warm- Up (warm-up area)
3:30pm-3:33pm	Iliana RG (1), NorthWest Rhythmic (1), Zara (1), Isadora (1), Philadelphia RA (1), Nely's school (2), Bessonova's school (1)
3:34pm-4:05pm	COMPETITION

SESSION VIII **LEVEL 9 Senior+ FIG JR Group (21 gymnasts)**



3:05pm-4:05pm	Gym Opens - General Warm-up (warm-up area)
4:05pm-4:08 pm	Nova (1), Empire RG (1), Jubilee (2), Nely's school (2), Isadora (1), Philadelphia RA (1), RSGA (1), Prima (1), Gymnastics World (2)
4:09pm-5:03 pm	COMPETITION for group A (12 gymnasts' year 2006)
5:04pm-5:10 pm	FIG JR Group-Zara
5:10pm-5:13 pm	Mosaic Gymnastics (1), Isadora (4), Rhythmic Art (1), Jubilee (1), NorthWest Rhythmic (1), Nely's school (1)
5:14 pm-6:00pm	COMPETITION for group B (9 gymnasts' year 2005 and older+ FIG JR Group)

*** 2 events Awards for SESSIONS V-VIII (including Group) ***

SESSION IX **Elite Junior (14 gymnasts)**

5:25pm-6:25pm	General Warm- Up (warm-up area)
6:25pm-6:28pm	Emerald City (5), Isadora (1), Zara (1)
6:28pm-6:31pm	Evergreen RG (3), NorthWest Rhythmic (1), RSGA (1), Bessonova's school (2)
6:32pm-7:35pm	COMPETITION

SESSION X **LEVEL 10 Senior (8 gymnasts)**

6:35pm-7:35pm	General Warm- Up (warm-up area)
7:35pm-7:38pm	Rhythmic Art (1), Emerald City (2), RSGA (1), Bessonova's school (1), Iliana RG (1), Nely's school (1), Empire RG (1)
7:39pm- 8:15pm	COMPETITION

SESSION XI **Elite Senior (14 gymnasts)**

7:15pm-8:15pm	Gym Opens - General Warm-up (warm-up area)
8:15pm-8:18 pm	Emerald City (5), RA of LA (2)
8:18pm-8:21 pm	Empire RG (1), RSGA (2), NorthWest Rhythmic (1), Rhythmic Art (1), Evergreen RG (1), Balis(1),
8:22pm-9:30pm	COMPETITION

*** 2 events Awards for Levels 10/Elite Seniors and Elite Junior ***

2022 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Sunday, March 20th, 2022

SESSION I **LEVEL 9 Junior E Year 2007 Jan.-June (11 gymnasts)**

7:30am-8:26am	General Warm- Up (warm-up area)
8:26am-8:29am	Empire RG (1), Elegance (1), Isadora (2), Bessonova's school (1), NorthWest Rhythmic (2), Nova (1), Philadelphia RA (1), Jubilee (1), Nely's school (1)
8:30am-9:20am	COMPETITION

SESSION II **LEVEL 9 Junior D Year 2007 July-Dec. (11 gymnasts)**

8:20am-9:20am	General Warm- Up (warm-up area)
9:20am-9:23am	Zara (1), Emerald City (1), Elegance (1), Nely's school (1), Gymnastics World (2), Balis (1), Gold Ray (1), Iliana RG (1), Bessonova's school (1), NorthWest Rhythmic (1)
9:24am-10:13am	COMPETITION

SESSION III **LEVEL 9 Junior C Year 2008 Jan.-June (14 gymnasts)**

9:10am-10:10am	General Warm- Up (warm-up area)
10:14am-10:17am	Empire RG (1), Zara (1), Evergreen RG (1), Rhythmic Art (1), Emerald City (1), Elegance (1), Nely's school (1)
10:17am-10:20am	Isadora (4), RSGA (1), Prima (1), Philadelphia RA (1)
10:21am-11:24am	COMPETITION

SESSION IV **LEVEL 9 Junior B Year 2008 July-Dec. (14 gymnasts)**

10:20am-11:20am	General Warm- Up (warm-up area)
11:24am-11:27am	Isadora (3), Empire RG (1), Zara (1), Evergreen RG (2)
11:27am-11:30am	Gymnastics World (7)
11:30am-12:33pm	COMPETITION

*** 2 events and All-around Awards for Level 9 Junior Groups B-E ***

SESSION V **LEVEL 9 Junior A Year 2009 (16 gymnasts)**

11:55am-12:55pm	General Warm- Up (warm-up area)
12:57pm-1:00pm	Isadora (5), Prima (3)
1:00pm-1:03pm	Iliana RG (1), Rhythmic Art (3), Dynamics (1), RA of LA (3)
1:03pm-2:15pm	COMPETITION

SESSION VI **LEVEL 9 Hope (12 gymnasts)**

1:15pm-2:15pm	General Warm- Up (warm-up area)
2:15pm-2:18pm	Empire RG (2), Isadora (2), Bessonova's school (2), NorthWest Rhythmic (2), Nova (1), Nely's school (1), Iliana RG (1), RA of LA (1)
2:19pm-3:13pm	COMPETITION

2022 COACHES CUP INVITATIONAL
NEW YORK STATE CHAMPIONSHIPS
 Sunday, March 21st, 2022

SESSION VII **LEVEL 10 Junior (8 gymnasts)**

2:10pm-3:10pm	General Warm- Up (warm-up area)
3:13pm-3:16pm	Iliana RG (1), NorthWest Rhythmic (1), Zara (1), Isadora (1), Philadelphia RA (1), Nely's school (2), Bessonova's school (1)
3:17pm-3:53pm	COMPETITION

SESSION VIII **Elite Junior (14 gymnasts)**

2:50pm-3:50 pm	General Warm- Up (warm-up area)
3:53pm-3:56pm	Evergreen RG (3), NorthWest Rhythmic (1), RSGA (1), Bessonova's school (2)
3:56pm-3:59pm	Emerald City (5), Isadora (1), Zara (1)
4:00pm-5:03pm	COMPETITION

*** 2 events and All-Around Awards for Sessions V-VIII**

SESSION IX **LEVEL 9 Senior + 2 Groups (FIG JR+ Advanced) (21 gymnasts)**

4:25pm-5:25pm	Gym Opens – General Warm-up (warm-up area)
5:25pm-5:28pm	FIG JR Group- Zara
5:28pm-5:33pm	Advanced Group- NorthWest Rhythmic
5:33pm-5:36pm	Mosaic Gymnastics (1), Isadora (4), Rhythmic Art (1), Jubilee (1), NorthWest Rhythmic (1), Nely's school (1)
5:36pm-6:30pm	COMPETITION for group B (9 gymnasts' year 2005 and older+ 2 Groups)
6:30pm-6:33pm	Nova (1), Empire RG (1), Jubilee (2), Nely's school (2), Isadora (1), Philadelphia RA (1), RSGA (1), Prima (1), Gymnastics World (2)
6:33pm-7:25pm	COMPETITION for group A (12 gymnasts' year 2006)

SESSION X **LEVEL 10 Senior (8 gymnasts)**

6:25pm-7:25pm	General Warm- Up (warm-up area)
7:25pm-7:28pm	Rhythmic Art (1), Emerald City (2), RSGA (1), Bessonova's school (1), Iliana RG (1), Nely's school (1), Empire RG (1)
7:29pm-8:05pm	COMPETITION

SESSION XI **Elite Senior (14 gymnasts)**

7:05pm-8:05pm	Gym Opens - General Warm-up (warm-up area)
8:05pm-8:08 pm	Empire RG (1), RSGA (2), NorthWest Rhythmic (1), Rhythmic Art (1), Evergreen RG (1), Balis (1)
8:08pm-8:11 pm	Emerald City (5), RA of LA (2)
8:12pm-9:20pm	COMPETITION

*** 2 events and All-Around Awards for Levels 9/10/Elite Seniors and Groups ***

** COACHES CUP AWARD **