



2015 AAU Winter Invitational for Autism



FINAL COMPETITION SCHEDULE revised 02/08/15

Saturday, February 14, 2015

	Gym #A	Gym #B
Session Number	1	2
Level		Lvl 2 - All Ages (74)
Competitive Format		Capital Cup Format
Gym Opens		8:00 AM
Coaches Meeting		8:15 AM
Timed Warm Ups		8:30 AM (30 sec per athlete)
March In		8:45 AM
Awards Ceremony		12:45 PM

	Gym #A	Gym #B
Session Number	3	4
Level	All Level 4, 5 & 6 Girls (44)	L3 - All Ages (94)
Competitive Format	Modified Traditional	Capital Cup Format
Gym Opens	1:30 PM	1:30 PM
Coaches Meeting	1:45 PM	1:45 PM
Timed Warm Ups	2:00 PM (90 sec per athlete)	2:00 PM (45 sec per athlete)
March In	2:15 PM	2:15 PM
Awards Ceremony	6:30 PM	5:45 PM

Sunday, February 15, 2015

	Gym #A	Gym #B
Session Number	5	6
Level	Lvls XG - All Ages (57)	Lvls: XB & XS - All Ages (70)
Competitive Format	Modified Traditional Format	Capital Cup Format
Gym Opens	8:00 AM	8:00 AM
Coaches Meeting	8:15 AM	8:15 AM
Timed Warm Ups	8:30 AM (60 sec per athlete)	8:30 AM (45 sec per athlete)
March In	8:50 AM	8:50 AM
Awards Ceremony	12:00 PM	12:30 PM

	Gym #A	Gym #B
Session Number	7	8
Level	All Boys (25)	Lvls: XD, XP, 7, 8, OO & Ladies (72)
Competitive Format	Dual Meet Format	Capital Cup Format
Gym Opens	1:30 PM	1:30 PM
Coaches Meeting	1:45 PM	1:45 PM
Timed Warm Ups	2:00 PM (10 min per event)	2:00 PM (2 min per athlete)
March In	2:15 PM	2:20 PM
Awards Ceremony	4:45 PM	5:45 PM