

# NEOGL LEVEL 4 & MODIFIED OPTIONAL CHAMPIONSHIPS AT OGI

May 4-5, 2013

## LOCATION:

### The Ohio Gymnastics Institute, Inc.

5701 West Webb Road

Austintown, OH 44515

330-652-4386 (voice) / 330-652-4387 (fax)

[Jadec4L@hotmail.com](mailto:Jadec4L@hotmail.com) / [www.MyTeamOGI.com](http://www.MyTeamOGI.com)

## Final Schedule

Saturday, May 4, 2013

### Session 1: MON (66)

8:00-8:30 Stretch  
8:15 Coaches meeting  
8:30-9:45 Warm ups  
9:45-10:05 March in  
10:05-11:45 Competition  
11:45-12:15 Awards

### Session 2: MOA/MOI (47)

1:15-1:45 Stretch  
1:30 Coaches meeting  
1:45-2:35 Warm ups  
2:35-2:50 March in  
2:50-4:30 Competition  
4:30-5:00 Awards

### Session 3: Level 4 Experienced-10& Older (37)

6:00-6:30 Stretch  
6:15 Coaches meeting  
6:30-7:10 Warm ups  
7:10-7:30 March in  
7:30-8:30 Competition  
8:30-9:00 Awards

Sunday, May 5, 2013

### Session 4: Level 4 Novice-9 & Younger (50)

8:00-8:30 Stretch  
8:15 Coaches meeting  
8:30-9:10 Warm ups  
9:10-9:30 March in  
9:30-10:45 Competition  
10:45-11:15 Awards

### Session 5: Level 4 Novice-10 & Older (47)

12:15-12:45 Stretch  
12:30 Coaches meeting  
12:45-1:25 Warm ups  
1:25-1:45 March in  
1:45-3:00 Competition  
3:00-3:30 Awards

### Session 6: Level 4 Experienced-9 & Younger (51)

4:30-5:00 Stretch  
4:45 Coaches meeting  
5:00-5:50 Warm ups  
5:50-6:10 March in  
6:10-7:30 Competition  
7:30-8:00 Awards