

## **Level 5 States Competition Schedule**

**We will be posting next week on our website rotation schedules.**

**All sessions are modified capital cup format.**

**Coaches will have a meeting 15 minutes into each Warm Up.**

**Please make sure you have your USAG prof. membership card to show when you register.**

### ***Session 1 – Saturday May 15th***

8:45 a.m. Athlete Registration  
9:00 – 9:30 a.m. Open Stretch / Bar Settings  
9:30 – 9:50 a.m. Announcement of Teams/ National Anthem  
9:50 – 10:00 a.m. First Flight Begins Warm Up  
10:00 – 11:45 a.m. Competition  
Awards Immediately Following  
Coaches Dunk Tank immediately following awards.

**Accelerations, Bucks II, Dynamats, Funtastics, Gemini ( Altoona), High Performance, KB, LARA, Pittsburgh Northstars, Rainbow Ryders, Spirit, Team Lightening, Uzelac,**

### ***Session 2 – Saturday May 15<sup>th</sup>***

11:45 a.m. Athlete Registration  
12:00 – 12:30 p.m. Open Stretch/ Bar Settings  
12:30 – 12:50 p.m. Announcement of Teams/ National Anthem  
12:50 – 1:00 p.m. First Flight Begins Warm Up  
1:00 – 2:45 p.m. Competition  
Awards Immediately Following  
Coaches Dunk Tank immediately following awards.

**Aerials, Bensalem, Central Bucks, DM, First Class, Gym Dandy's, Harrisburg, Lebanon Y, Montgomery County, Paramount, Silvia's, TNT, Wilson, AJS**

### ***Session 3 – Saturday May 15<sup>th</sup>***

2:45 a.m. Athlete Registration  
3:00 – 3:30 p.m. Open Stretch / Bar Settings  
3:30 – 3:50 p.m. Announcement of Teams/ National Anthem  
3:50 – 4:00 p.m. First Flight Begins Warm Up  
4:00 – 5:45 p.m. Competition  
Awards Immediately following  
Coaches Dunk Tank immediately following awards.

AMR, Arcadia, Berks, Elite, Falcon, Gymkhana, Leaps n Bounders, Manettes, Perry Juniata, Scorpions, Tumble w/ Denise, United, Aspinwall, Gymsport, CPAG

### ***Session 4 – Sunday May 16<sup>th</sup>***

8:45 a.m. Athlete Registration  
9:00 – 9:30 a.m. Open Stretch / Bar Settings  
9:30 – 9:50 a.m. Announcement of Teams/ National Anthem  
9:50 – 10:00 a.m. First Flight Begins Warm Up  
10:00 – 11:45 a.m. Competition  
Awards Immediately Following  
Coaches Dunk Tank immediately following awards.

All- Star, Champions, Hershey Aerials, Gymcatz, John Pancott, KMC, LTD, Metzler's, Gym Olympic, Gemini Pittsburg, Parkettes, Xcel,

### ***Session 5 – Sunday May 16<sup>th</sup>***

11:45 a.m. Athlete Registration  
12:00 – 12:30 p.m. Open Stretch/ Bar Settings  
12:30 – 12:50 p.m. Announcement of Teams/ National Anthem  
12:50 – 1:00 p.m. First Flight Begins Warm Up  
1:00 – 2:45 p.m. Competition  
Awards Immediately Following  
Coaches Dunk Tank immediately following awards.

AGA, Bellefonte, Berks East, Cumberland, GymStarz, Hanover Y, Kaiserman, Northeast, Nittany, Power/Grace, Prestige, Skyline, Somerton, Trinity, Turners, Ultimate

