

DRAGON INVITATIONAL 2010
FEBRUARY 12-13, 2010
GAGE CENTER - 1101 NW JEFFERSON - BLUE SPRINGS, MO 64015

COMPETITION SCHEDULE

ALL SESSIONS ARE MODIFIED CAPITOL CUP FORMAT.
 INDIVIDUAL, ALL AROUND & TEAM AWARDS PRESENTED AT THE CONCLUSION OF EACH SESSION.

FRIDAY, FEBRUARY 12, 2010

SESSION 1 - LEVEL 4 & LEVEL 5 (ALL AGES)		TEAMS
OPEN STRETCH	5:30 PM - 6:00 PM	ARISING STARS
MARCH IN	6:00 PM - 6:10 PM	GAGE
TIMED WARM UP	6:10 PM - 6:20 PM	GYMNATION
COMPETITION	6:20 PM - 9:00 PM	LAWRENCE
AWARDS		INDIVIDUAL, ALL-AROUND, & TEAM AWARDS

SATURDAY, FEBRUARY 13, 2010

SESSION 2 - LEVEL 6 & P.R.E.P (ALL AGES)		TEAMS	
OPEN STRETCH	8:00 AM - 8:30 AM	ARISING STARS	LAWRENCE
MARCH IN	8:30 AM - 8:40 AM	GAGE	MO. VALLEY
TIMED WARM UP	8:40 AM - 8:50 AM	GYMNATION	
COMPETITION	8:50 AM - 11:30 AM		
AWARDS		INDIVIDUAL, ALL-AROUND AWARDS & TEAM AWARDS	

SESSION 3 - LEVEL 7 & LEVEL 8 (ALL AGES)		TEAMS		
OPEN STRETCH	12:00 pm - 12:30 pm	CAHOYS	GYMNATION	SAPPHIRE
MARCH IN	12:30 pm - 12:40 pm	CARDINAL	HAWKEYE	SIOUXLAND
TIMED WARM UP	12:40 pm - 12:56 pm	FLAMES	LAWRENCE	
COMPETITION	12:56 pm - 3:35 pm	GAGE	MO VALLEY	
AWARDS		INDIVIDUAL, ALL-AROUND AWARDS & TEAM AWARDS		

SESSION 4 - LEVEL 9 & LEVEL 10/OPEN		TEAMS		
OPEN STRETCH	4:00 pm - 4:30 pm	Cahoys	GAGE	Mo Valley
MARCH IN	4:30 pm - 4:40 pm	CARDINAL	HAWKEYE	SOLID ROCK
TIMED WARM UP	4:40 pm - 5:56 pm	Flames	LAWRENCE	SIOUXLAND
COMPETITION	5:56 pm - 7:35 pm			
AWARDS		INDIVIDUAL, ALL-AROUND AWARDS & TEAM AWARDS		

