

# **FLIPZ USA INVITATIONAL**

## **SCHEDULE**

### **FRIDAY MARCH 5<sup>TH</sup>**

#### **SESSION 1- LEVEL 8,9,10**

3:00 STRETCH  
3:25 TEAM PRESENTATION  
3:30 WARM UP-COMPETITIVE EQUIPMENT ONLY  
5:45 AWARDS

#### **SESSION 2-LEVEL 7 AND PREP-OPTIONALS**

6:00 STRETCH  
6:25 TEAM PRESENTATION  
6:30 WARM UP (A ROTATION)  
9:30 AWARDS

### **SATURDAY MARCH 6<sup>TH</sup>**

#### **SESSION 3- NON-SANCTIONED**

(FLIPZ, MOBERLY (2), KINGDOM CITY, ULTIMATE , JEFF CITY, NORTHWEST)

8:00 STRETCH  
8:25 TEAM PRESENTATIONS  
8:30 WARM UP (A FLIGHT)  
11:30 HANDSTAND CONTEST

#### **SESSION 4- NON-SANCTIONED**

(FLIPZ, GRAND RIVER (2), TRICOUNTY, MEYERS (2), LONG BRANCH)

12:00 STRETCH  
12:25 TEAM PRESENTATION  
12:30 WARM UP (A FLIGHT)  
3:00 HANSDTAND CONTEST

#### **SESSION 5- ALL LEVEL 3 & LEVEL 4 (8 AND UNDER)**

3:30 STRETCH  
3:55 TEAM PRESENTATION  
4:00 WARM UP (A FLIGHT)  
6:30 AWARDS

#### **SESSION 6- LEVEL 4 (9 AND OLDER)**

7:00 STRETCH  
7:25 TEAM PRESENTATION  
7:30 WARM UP (A FLIGHT)  
9:30 AWARDS

# FLIPZ USA INVITATIONAL SCHEDULE

SUNDAY MARCH 7<sup>TH</sup>

## SESSION 7- LEVEL 6

8:00 STRETCH  
8:25 TEAM PRESENTATIONS  
8:30 WARM UP (A FLIGHT)  
11:30 AWARDS

## SESSION 8- LEVEL 5

12:00 STRETCH  
12:25 TEAM PRESENTATION  
12:30 WARM UP (A FLIGHT)  
4:30 AWARDS

REMINDER: HOST HOTELS

*WINGATE INN*

*573-817-0500*

*RESIDENCE INN*

*\$124/NIGHT*

*573-442-5601*

ADMISSION:

\$7/ ADULTS (13 AND OLDER)

\$5/ CHILD (3-12 YEARS OLD)

\*WE WILL BE HAVING A FULL RANGE  
THE NEWEST GK ELITE SPORTSWEAR ATTIRE\*

COACHES:

PLEASE CONFIRM YOUR GYMNAST INFORMATION