



2010 KC Coed Classic

KCI Expo Center
11730 N. Ambassador Dr.
Kansas City, MO 64153



Women' s Final Schedule

** All Sessions are Modified Capital Cup Format **

Friday, January 29th, 2010 (Gate Opens at 1:15pm)

Session 1W – All Level 6 Teams:

- 1:30 – 2:00pm Open Stretch
- 2:00pm Present at Event
- 2:05pm Flight A 1st Event Warm-up
- 2:20pm Competition
- Awards Immediately Following Competition

Session 2W – All Level 7 Teams

- 5:30 - 6:00pm Open Stretch
- 6:00pm Present at Event
- 6:05pm Flight A 1st Event Warm-up
- 6:20pm Competition
- Awards Immediately Following Competition

Saturday, January 30th, 2010 (Gate Opens at 7:45am)

Session 3W – Level 5 Teams: Air Capital, Beller' s, Flip Side,Folger's, KC Elite, KGDC, MEGA, NW Saltos, Pinnacle

- 8:00 – 8:30am Open Stretch
- 8:30am Present at Event
- 8:35am Flight A 1st Event Warm-up
- 8:45am Competition
- Awards Immediately Following Competition

Session 4W – Level 4 Teams: Air Capital, Flip Side, KC Elite, KGDC, MEGA, NW Saltos, Pinnacle

- 12:00- 12:30pm Open Stretch
- 12:30pm Present at Event
- 12:35pm Flight A 1st Event Warm-up
- 12:45pm Competition
- Awards Immediately Following Competition

Session 5W – Level 4 Teams: Beller' s, Byrd' s, Edge LibertyFolger's, Gymnastic Plus, Kansas Kips, McCracken' s

- 2:45- 3:15pm Open Stretch
- 3:15pm Present at Event
- 3:20pm Flight A 1st Event Warm-up
- 3:30pm Competition
- Awards Immediately Following Competition

Women' s Final Schedule(continued)

**** All Sessions are Modified Capital Cup Format ****

Saturday, January 30th, 2010

Session 6W – All Levels 8-10 Teams

- 5:30- 6:00pm Open Stretch
- 6:00pm Present at Event
- 6:05pm Flight A 1st Event Warm-up
- 6:25pm Competition
- Awards Immediately Following Competition

Sunday, January 31st, 2010 (Gate Opens at 7:45am)

Session 7W – Level 5 Teams: American Made, Blue Valley, Byrd' s,Dragons, Edge-Liberty , Edge-Riverside, Emerald City, Gym Plus, KC Gym, Mercury, Northwest Gym-Liberty, Omega, Scorpions

- 8:00- 8:30am Open Stretch
- 8:30am Present at Event
- 8:35am Flight A 1st Event Warm-up
- 8:45am Competition
- Awards Immediately Following Competition

Session 8W – All Non Sanctioned Levels 4 & 5 Teams:

- 11:45 -12:05pm Open Stretch
- 12:05pm Present at Event
- 12:10pm Flight A 1st Event Warm-up
- 12:20pm Competition
- Awards Immediately Following Competition

Session 9W – All Non Sanctioned Level 3 Teams :

- 2:15 - 2:35pm Open Stretch
- 2:35pm Present at Event
- 2:40pm Flight A 1st Event Warm-up
- 2:50pm Competition
- Awards Immediately Following Competition