

2011 Commonwealth Cup Session Times

Session 1G Saturday 11/19/11

Level 4	Registration	7:30 AM	8:00 AM	Apex
	Open Stretch	8:00 AM	8:30 AM	Arlington Aerials
	Timed Warm-up	8:30 AM	8:45 AM	Ocean Tumblers
	Competition	8:45 AM	12:00 PM	Paragon
	Awards	12:00 PM	1:00 PM	Unique Sports Academy

Session 1R Saturday 11/19/11

Level 7	Registration	8:30 AM	9:00 AM	Apex	Paragon
	Open Stretch	9:00 AM	9:30 AM	Arlington Aerials	POGA
	Timed Warm-up	9:30 AM	9:45 AM	Arlington Angels	River City
	Competition	9:45 AM	1:00 PM	Excalibur	Unique Sports Academy
	Awards	1:00 PM	2:00 PM	Fairfax	VIGS
				Full Force	Youth Sports
				GMS	

Session 2G Saturday 11/19/11

				Level 4	All Star Noice
Level 4	Registration	11:45 AM	12:15 PM	Arlington Angels	Paragon
All Star Novice	Open Stretch	12:15 PM	12:45 PM	DDC	DDC
	Timed Warm-up	12:45 PM	1:00 PM	GMS	Youth Sports
	Competition	1:00 PM	4:15 PM	POGA	
	Awards	4:15 PM	5:15 PM	River City	
				Youth Sports	

Session 2R Saturday 11/19/11

Level 6	Registration	12:45 PM	1:15 PM	Apex	King George
	Open Stretch	1:15 PM	1:45 PM	Arlington Aerials	Ocean Tumblers
	Timed Warm-up	1:45 PM	2:00 PM	Arlington Angels	Paragon
	Competition	2:00 PM	5:15 PM	East Coast Gymnastics	River City
	Awards	5:15 PM	6:15 PM	Excalibur	Unique Sports Academy
				Fairfax	VIGS
				GMS	Youth Sports

Session 3G Saturday 11/19/11

Level 9	Registration	4:00 PM	4:30 PM	Apex	Paragon
Level 10	Open Stretch	4:30 PM	5:00 PM	Arlington Aerials	River City
	Timed Warm-up	5:00 PM	5:16 PM	Docksiders	VIGS
	Competition	5:16 PM	8:30 PM	Full Force Gymnastics	World Class
	Awards	8:30 PM	9:30 PM	GMS	Youth Sports

2011 Commonwealth Cup Session Times

Session 4G Sunday 11/20/11

				Level 8	All Star Advanced
Level 8	Registration	7:30 AM	8:00 AM	Arlington Aerials	Apex
All Star Adv	Open Stretch	8:00 AM	8:30 AM	Arlington Angels	Arlington Angels
	Timed Warm-up	8:30 AM	8:45 AM	GMS	Paragon
	Competition	8:45 AM	12:00 PM	POGA	POGA
	Awards	12:00 PM	1:00 PM	VIGS	Youth Sports
				World Class	

Session 4R Sunday 11/20/11

Level 5	Registration	7:30 AM	8:00 AM	Arlington Angels	River City
	Open Stretch	8:00 AM	8:30 AM	DDC	Unique Sports Academy
	Timed Warm-up	8:30 AM	8:42 AM	GMS	Youth Sports
	Competition	8:42 AM	10:45 AM		
	Awards	10:45 AM	11:45 AM		

Session 5G Sunday 11/20/11

				Level 8	All Star Intermeditate
Level 8	Registration	11:45 AM	12:15 PM	Apex	Apex
All Star Int.	Open Stretch	12:15 PM	12:45 PM	Docksiders	Full Force Gymnastics
	Timed Warm-up	12:45 PM	1:01 PM	Full Force Gymnastics	Paragon
	Competition	1:01 PM	4:15 PM	Paragon	Youth Sports
	Awards	4:15 PM	5:15 PM	River City	

Session 5R Sunday 11/20/11

Level 5	Registration	10:30 AM	11:00 AM	Apex	Ocean Tumblers
	Open Stretch	11:00 AM	11:30 AM	Excalibur	Paragon
	Timed Warm-up	11:30 AM	11:42 AM	King George	POGA
	Competition	11:42 AM	1:45 PM		
	Awards	1:45 PM	2:45 PM		