

2011
Atlantis Crown
Gymnastics Invitational

Grand Ballroom, Atlantis Resort
Paradise Island, Bahamas

Meet Schedule

Competition Venue – Grand Ballroom, Atlantis Resort

FRIDAY, DECEMBER 16

SESSION 1: **Level 2/3/4/Xcel Bronze (Modified Capital Cup Format)**

12:45pm	Check-in/General Stretch
1:00pm	Coaches Meeting
1:30pm	Timed Warm-up – Flight A (only)
1:38pm	Line up/National Anthem
1:50pm	Competition Begins - (Flight B – W.U.)
3:50pm	Awards

SESSION 2: **Level 5/6/Xcel Silver & Gold (Modified Capital Cup Format)**

4:30pm	Check-in/General Stretch
4:40pm	Coaches Meeting
5:00pm	Timed Warm-up – Flight A (only)
5:09pm	Line-up/National Anthem
5:20pm	Competition Begins (Flight B – W.U.)
8:15pm	Awards