

2012 February Frenzy Meet Schedule

Saturday, February 4th

Session 1: USA 5-9, XCEL Gold-Platinum Modified Capital Cup Format				
8:00-8:30 General Stretch	8:30-8:42 Warm Up First Event	8:42-8:45 Introduction	8:45-10:45 Competition	10:45 Awards

Squad A	Squad B	Squad C	Squad D
America's Finest 6 (L5)	DEENOS 5 (L7)	Camden 6 (PO-G)	Golden Isles 4 (PO-G)
America's Finest 1 (L9)	DEENOS 1 (L9)	Camden 2 (L7)	Golden Isles 2 (PO-P)
		Camden 1 (L8)	Golden Isles 1 (L7)

Session 2: USA 3-4, XCEL Bronze-Silver Traditional Format				
11:15-11:35 General Stretch	11:35-12:40 Warm Up	12:40-12:45 Intro	12:45-2:15 Competition	2:15 Awards

Squad A	Squad B	Squad C	Squad D
Liberty Co 6 (L3)	Club 6 (PO-B)	Camden 5 (PO-B)	DEENOS 16 (PO-S)
Liberty Co 4 (L4)	Club 4 (PO-S)	Camden 5 (PO-S)	
America's Finest 5 (L4)	HHI 3 (PO-B)		

Session 3: AAU 2 Traditional Format				
2:45-3:05 General Stretch	3:05-3:40 Warm Up	3:40-3:45 Introduction	3:45-4:30 Competition	4:30 Awards

Squad A	Squad B	Squad C	Squad D
DEENOS 10	Brunswick 1	Golden Isles 7	Camden 6
	Gymnastics Gold 6		America's Finest 2

Session 4: AAU 3-4, Prep Op 2 Traditional Format				
4:45-5:05 General Stretch	5:05-5:55 Warm Up	5:55-6:00 Introduction	6:00-7:15 Competition	7:15 Awards

Squad A	Squad B	Squad C	Squad D
Gymnastics Gold 13 (L3)	Golden Isles 8 (L3)	America's Finest 5 (L3)	Gymnastics Gold 11 (L4)
	Camden 3 (L3)	America's Finest 1 (L4)	Gymnastics Gold 1 (PO2)
	Brunswick 1 (L3)	Gymnastics Gold 6 (L4)	