

2008 Lady Luck Invitational Meet Schedule



Heart		Club		Session			Start Time			Diamond		Spade	
RED		BLACK								RED		BLACK	
A	Flight	B					A	Flight	B				
<u>Sess</u>	<u>level</u>	<u>Sess</u>	<u>level</u>	Friday	January	4	<u>Sess</u>	<u>level</u>	<u>Sess</u>	<u>level</u>			
F1H	4	F1C	4	1	8:00	AM	F1D	6	F1S	6			
F2H	5	F2C	5	2	12:00	PM	F2D	7	F2S	7			
COLLEGE	MEET			3	7:00	PM			COLLEGE MEET				
<u>Sess</u>	<u>level</u>	<u>Sess</u>	<u>level</u>	Saturday	January	5	<u>Sess</u>	<u>level</u>	<u>Sess</u>	<u>level</u>			
S1H	8	S1C	8	1	8:00	AM	S1D	8,9	S1S	9			
S2H	8	S2C	8	2	12:15	PM	S2D	9	S2S	9			
S3H	6	S3C	6	3	4:30	PM	S3D	10	S3S	10			
<u>Sess</u>	<u>level</u>	<u>Sess</u>	<u>level</u>	Sunday	January	6	<u>Sess</u>	<u>level</u>	<u>Sess</u>	<u>level</u>			
U1H	4	U1C	4	1	8:00	AM	U1D	7	U1S	7			
U2H	5	U2C	5	2	12:15	PM	U2D	7	U2S	7			

Sessions are named as: **F1H** = Friday, 1st session, Hearts gym

Sessions	#1	EACH	DAY	#2	EACH	DAY	#3	EACH	DAY
Stretch		8:00	AM		12:15	PM		4:30	PM
1st Warm up		8:30	AM		12:45	PM		5:00	PM
Competition		8:50	AM		1:00	PM		5:15	PM
Awards		12:00	PM		4:15	PM		8:30	PM

Teams of 4 gymnasts must be designated prior to the start of each session.

Individual awards groups are 16 gymnasts per awards group. Giving 9 places.

Schedule questions e-mail Kevin Griffin at: lccoachkev@aol.com or call me at 813-220-0142 (Florida time)

Meet information is available at: <http://brownslv.com>