

**2010 Florida USAG Prep Optional  
State Championships**

**Friday, March 26, 2010**

Ocean Center  
Daytona Beach, Florida

**Session One**

ALL USAG Prep Optional NOVICE Gymnasts

2:00- 2:30 General Stretch  
2:30- 2:40 March in  
2:40 –2:50 Timed Warm Up  
2:50 –5:00 Competition

Individual and Team Awards to follow

**Session Two**

USAG Prep Optional Gymnasts  
Born between 3/20/93 and 7/1/1997

5:00- 5:30 General Stretch  
5:30- 5:40 March In  
5:40- 5:50 Timed Warm-up  
5:50- 8:30 Competition

Individual Awards to follow.

**2010 Florida USAG Prep Optional  
State Championships**

**Saturday, March 27, 2010**

Ocean Center  
Daytona Beach, Florida

**Session Three**

USAG Prep Optional Gymnasts  
Born between 12/10/98 and 9/14/01

8:00- 8:30 General Stretch  
8:30- 8:40 March In  
8:40- 8:50 Timed Warm-up  
8:50-11:00 Competition

Individual Awards to follow.

**Session Four**

USAG Prep Optional Gymnasts  
Born Between 7/2/1997 and 12/9/1998

11:00-11:30 General Stretch  
11:30-11:40 March In  
11:40-11:50 Timed Warm-up  
11:50- 2:00 Competition

Individual and Prep Optional Open  
Team Awards to follow.

**Reminder:**

ALL Coaches on the Floor HAVE TO HAVE an ACTIVE USAG Number. These numbers will be checked against the national data base. If the number shows up as inactive, that coach WILL NOT be allowed on the floor.

**2010 Florida USAG Level 7  
State Championships**

**Saturday, March 27, 2010**

Ocean Center  
Daytona Beach, Florida

**Session Five**

USAG Level 7 Gymnasts

Group 1 Between 5/17/2000 and 8/1/2001  
Group 10 Between 1/24/1997 and 5/18/1997  
Group 15 Between 7/17/92 and 12/6/1994

2:00 - 2:30 General Stretch  
2:30 - 2:40 March In  
2:40 - 2:50 Timed Warm-up  
2:50 - 5:30 Competition

Individual Awards to Follow.

**Session Six**

USAG Level 7 Gymnasts

Group 7 Between 12/1/1997 and 4/24/1998  
Group 9 Between 5/19/1997 and 10/2/1997  
Group 12 Between 5/9/1996 and 9/17/1996

5:30 - 6:00 General Stretch  
6:00 - 6:10 March In  
6:10 - 6:20 Timed Warm-up  
6:20 - 8:30 Competition

Individual Awards to Follow.

**2010 Florida USAG Level 7  
State Championships**

**Sunday March 28, 2010**

Ocean Center  
Daytona Beach, Florida

**Session Seven**

USAG Level 7 Gymnasts

Group 2 Between 12/1/1999 and 5/16/2000  
Group 6 Between 4/25/1998 and 11/11/1998  
Group 11 Between 9/18/1996 and 1/23/1997

8:00-8:30 General Stretch  
8:30-8:40 March In  
8:40-8:50 Timed Warm-up

8:50-11:00 Competition

Individual Awards to follow.

**Session Eight**

USAG Level 7 Gymnasts

Group 5 Between 11/12/1998 and 2/10/1999  
Group 8 Between 10/3/1997 and 11/30/1997  
Group 14 Between 12/7/1994 and 9/9/1995

11:00-11:30 General Stretch  
11:30-11:40 March In  
11:40-11:50 Timed Warm-up  
11:50- 2:30 Competition

Individual Awards to follow.

**Session Nine**

USAG Level 7 Gymnasts

Group 3 Between 5/5/1999 and 11/30/1999  
Group 4 Between 2/11/1999 and 5/4/1999  
Group 13 Between 9/10/1995 and 5/8/1996

2:30 - 3:00 General Stretch  
3:00 - 3:10 March In  
3:10 - 3:20 Timed Warm-up  
3:20 - 5:30 Competition

Individual and Level 7 Team Awards to follow.

**Reminder:**

ALL Coaches on the Floor HAVE TO HAVE an ACTIVE USAG Number. These numbers will be checked against the national data base. If the number shows up as inactive, that coach WILL NOT be allowed on the floor.