



AAU 2nd State Qualifier Shooting Star Spectacular



SATURDAY FEB 20th

Session 1 (All Level 3's)

8:00-8:15 General Stretch

8:15-9:00 Timed Warm Ups

9:00-9:15 March In

9:15-10:15 Competition

*Awards follow (across the street)

Session 2 (All Level 2's; Level 4)

Level 2 All ages

Level 4 Nov Older

Level 4 Adv Older

10:30-10:50 General Stretch

10:50-11:30 Timed Warm Ups

11:30-11:45 March In

11:45-12:45 Competition

*Awards follow (across the street)

Session 3 (Level 4 Open)

All Age Groups

1:00-1:20 General Stretch

1:20-2:00 Timed Warm Ups

2:00-2:15 March In

2:15-3:00 Competition

*Awards follow (across the street)

Session 4 (Mod Opt; Level 7)

All Age Groups, All Divisions

****Capital Cup****

3:15-3:45 General Stretch

3:45 Warm up 1st event

4:10-4:15 March In

4:15 Competition begins

*Awards follow (across the street)

SUNDAY FEB 21st

Session 5 (Level 5's; Level 6's)

Level 5 Nov Older

Level 5 Open All

Level 6 All Age Groups & Divisions

10:30-10:50 General Stretch

10:50-11:35 Timed Warm Ups

11:35-11:45 March In

11:45-12:45 Competition

*Awards follow (in gym)

Session 6 (Level 4; Level 5)

Level 4 Nov Younger

Level 4 Adv Younger

Level 4 Elite All

Level 5 Nov Younger

Level 5 Adv All

Level 5 Elite All

1:30-1:50 General Stretch

1:50-2:35 Timed Warm Ups

2:35-2:45 March In

2:45-3:45 Competition

*Awards follow (in gym)

