

# 2010 SRVDA Shamrock Spectacular

## Sunday, March 07, 2010

8:30 AM	9:00 AM	Doors Open
9:00 AM	9:30 AM	Session A General Warm Up
<b>9:30 AM</b>	<b>9:45 AM</b>	<b>Opening Ceremonies</b>
<b>9:45 AM</b>	<b>11:15 AM</b>	<b>Session A</b>
		Level 5 (WP 12-14)
		Level 6 (WP 11U, 15-16, MXP 15-16, WG 12-14, 17+)
		Level 7 (WP 12-14, 15-16, WG 12-14)
11:15 AM	11:45 AM	Session B General Warm Up
<b>11:45 AM</b>	<b>1:15 PM</b>	<b>Session B</b>
		Level 6 (WP 12-14)
		Level 8 (WP 12-14, 15-16, 17+, MP 17+, MXP 17+ Dynamic)
		Level 8 (WG 12-14, 17+ Dynamic)
		Level 9 (WP 17+, MP 17+; Dynamic)
		Level 9 (WG 17+ Dynamic)
1:15 PM	1:45 PM	Session C General Warm Up
<b>1:45 PM</b>	<b>3:15 PM</b>	<b>Session C</b>
		Level 5 (WP 11U, WG 11U)
		Level 7 (MXP 17+, WG 15-16)
		Level 8 (WP 12-14, 15-16, 17+, MP 17+, MXP 17+ Balance)
		Level 8 (WG 12-14, 17+ Balance)
		Level 9 (WP 17+, MP 17+; Balance)
		Level 9 (WG 17+ Balance)
<b>3:15 PM</b>	<b>3:45 PM</b>	<b>Session A, B &amp; C Awards Ceremony</b>

The above times are approximate. Sessions may start earlier than anticipated. Coaches, please have your athletes on site at least 45 minutes prior to scheduled warm-up and award ceremonies.