

# 2010 WCTC Spring Round Up

**Saturday, April 10, 2010**

8:00 AM	8:30 AM	Doors Open
8:30 AM	9:00 AM	Session A General Warm Up
9:00 AM	9:15 AM	Athlete Preparation
9:15 AM	9:30 AM	<b>Opening Ceremonies</b>
<b>9:30 AM</b>	<b>11:15 AM</b>	<b>Session A</b>
		Level 8 (WP 12-14, 15-16, 17+; MXP 17+ Balance)
		Level 8 (WG 12-14, 15-16, 17+ Dynamic)
		Level 10 (WG Dynamic)
		Jr / Sr Elite (MXP Balance; WG Dynamic)
11:15 AM	11:45 AM	Session B General Warm Up
<b>11:45 AM</b>	<b>1:45 PM</b>	<b>Session B</b>
		Level 4 (MXP 11U)
		Level 6 (WP 11U; WG 12-14)
		Level 7 (WP 11U, 12-14, 15-16; WG 15-16, 17+)
		Level 8 (WP 12-14, 15-16, 17+; MXP 17+ Dynamic)
		Level 8 (WG 12-14, 15-16, 17+ Balance)
<b>1:45 PM</b>	<b>2:00 PM</b>	<b>Sessions B Awards Ceremony</b>
2:00 PM	2:30 PM	Session C General Warm Up
<b>2:30 PM</b>	<b>4:30 PM</b>	<b>Session C</b>
		Level 5 (WG 11U)
		Level 6 (WP 12-14; MXP 12-14)
		Level 7 (WG 12-14)
		Level 9 (WP 16U, 17+; MP 17+; MXP 16U Dynamic)
		Level 9 (WG 16U, 17+ Balance)
		Level 10 (WG Balance)
		Jr / Sr Elite (MXP Dynamic; WG Balance)
4:30 PM	5:00 PM	Session D General Warm Up
<b>5:00 PM</b>	<b>7:00 PM</b>	<b>Session D</b>
		Level 5 (WP 11U, 12-14)
		Level 6 (WP 15-16, 17+; MXP 15-16)
		Level 7 (MXP 12-14)
		Level 9 (WP 16U, 17+; MP 17+; MXP 16U Balance)
		Level 9 (WG 16U, 17+ Dynamic)
		Level 10 (WG Combined)
		Jr / Sr Elite (MXP; WG Combined)
<b>7:00 PM</b>	<b>7:30 PM</b>	<b>Sessions C &amp; D 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.