

2009 Hawaiian Pineapple Classic Schedule (11/17/09)

Friday, December 18th.

Session 1 Women Afternoon

<p>Gym A – Level 7 Modified Capitol Cup / Bump Rotation</p> <p>American Academy / Buehler YMCA / BGGC CLGTC / International / Lakeshore MEGA / Premier DG / USGTC/Trinity</p> <p>12:30 PM Doors Open 12:30 - 1:00 Open Stretch 1:10 Timed Warm-up/Competition</p>	<p>Gym B – Level 5 Modified Capitol Cup / Bump Rotation</p> <p>Bartlett / Fire House / Huntley / Palmer's Prairie / Schaumburg / St.Charles</p> <p>12:30 PM Doors Open 12:30 - 1:00 Open Stretch 1:10 Timed Warm-up/Competition</p>
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Session 2 Women Evening

<p>Gym A – Level 9 Modified Capitol Cup / Bump Rotation</p> <p>Bartlett / Branch / BGGC / CLGTC / Huntley Trinity / International / Lakeshore Palmer's / Premier DG / Premier West / Scamps St. Charles</p> <p>5:00 PM Doors Open 5:00 - 5:30 Open Stretch 5:40 Timed Warm-up/Competition</p>	<p>Gym B – Level 6 Modified Capitol Cup / Bump Rotation</p> <p>American Academy / BGGC / Huntley / Mills Oak Lawn / OakPark / Premier DG Schaumburg / St. Charles / Prairie/Skyline</p> <p>5:00 PM Doors Open 5:00 - 5:30 Open Stretch 5:40 Timed Warm-up/Competition</p>
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Saturday, December 19th

Session 3 Women Morning

<p>Gym A – Level 10 Modified Capitol Cup / Bump Rotation</p> <p>Branch / BGGC / CLGTC / Gym-Kinetics Scamps / Huntley / Palmer’s / Premier DG St. Charles</p> <p>8:00 AM Doors Open 8:00 - 8:30 Open Stretch 8:40 Timed Warm-up/Competition</p>	<p>Gym B – Level 5 Modified Capitol Cup / Bump Rotation</p> <p>Buehler YMCA / BGGC / MEGA / Mills Premier West / Premier South / American Elite</p> <p>8:00 AM Doors Open 8:00 - 8:30 Open Stretch 8:40 Timed Warm-up/Competition</p>
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Session 4 Women Afternoon

<p>Gym A – Level 8 Modified Capitol Cup / Bump Rotation</p> <p>Bartlett / Branch / CLGTC / Huntley Gym-Kinetics / Mills / Oak Park / Trinity Premier DG / Scamps / St. Charles</p> <p>12:30 PM Doors Open 12:30 - 1:00 Open Stretch 1:10 Timed Warm-up/Competition</p>	<p>Gym B – Level 4 Modified Capitol Cup / Bump Rotation</p> <p>Buehler YMCA / Cary / Gainers / Huntley Premier West / USGTC / Wind Lake</p> <p>12:30 PM Doors Open 12:30 - 1:00 Open Stretch 1:10 Timed Warm-up/Competition</p>
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Session 5 Women Evening

<p>Gym A – Level 7 Modified Capitol Cup / Bump Rotation</p> <p>Bartlett / Branch / Mills / Oak Park / Oak Lawn Scamps / St. Charles /Cary</p> <p>5:00 PM Doors Open 5:00 - 5:30 Open Stretch 5:40 Timed Warm-up/Competition</p>	<p>Gym B – Level 6 Modified Capitol Cup / Bump Rotation</p> <p>Bartlett / Buehler YMCA / Cary / CLGTC Fire House / Gainers / Lakeshore / MEGA Palmer’s / Premier West / Premier South USGTC</p> <p>5:00 PM Doors Open 5:00 - 5:30 Open Stretch 5:40 Timed Warm-up/Competition</p>
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Sunday, December 20th

Session 6 Women Morning

<p>Gym A – Level 7 Modified Capitol Cup / Bump Rotation</p> <p>Fire House / Gainers / Gym-Kinetics / Huntley Palmer’s / Premier West / Premier South</p> <p>8:00 AM Doors Open 8:00 - 8:30 Open Stretch 8:40 Timed Warm-up/Competition</p>	<p>Gym B – Level 5 Modified Capitol Cup / Bump Rotation</p> <p>Cary / CLGTC / Gainers / Lakeshore Oak Park / Oak Lawn / Premier DG / USGTC</p> <p>8:00 AM Doors Open 8:00 - 8:30 Open Stretch 8:40 Timed Warm-up/Competition</p>
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Session 7 Women Afternoon

<p>Gym A – Level 8 Modified Capitol Cup / Bump Rotation</p> <p>American Academy / Cary / International / Lakeshore / MEGA /Oak Lawn / Palmers Premier West / USGTC/ Prairie</p> <p>12:30 PM Doors Open 12:30 - 1:00 Open Stretch 1:10 Timed Warm-up/Competition</p>	<p>Gym B – Level 4 Modified Capitol Cup / Bump Rotation</p> <p>Bartlett / CLGTC / Gym-Kinetics / Oak Park Premier DG / Premier South / Schaumburg</p> <p>12:30 PM Doors Open 12:30 - 1:00 Open Stretch 1:10 Timed Warm-up/Competition</p>
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