

**2010 Florida USAG
Level 3
State Championship**

**November 20, 2010
Daytona Beach, Florida**

**Session 1
USAG Level 3
Born between(8/12/2003 – 3/1/2006)
8:00 am– 8:20 am General Stretch
8:20 am – 8:30 am Warm up
8:30 am– 10:00 am Compete
10:00 am Awards**

**Session 2
USAG Level 3
Born between(10/28/2002- 8/11/2003)
10:00 am– 10:20 am General Stretch
10:20 am – 10:30 am Warm up
10:30 am – 12:30 pm Compete
12:30 pm Awards**

**Session 3
USAG Level 3
Born between (2/28/2002–10/27/2002)
12:30 pm– 12:50 pm General Stretch
12:50 pm – 1:00 pm Warm up
1:00 pm– 2:30 pm Compete
2:30 pm Awards**

**Session 4
USAG Level 3
Born between (3/17/2001-2/27/2002)
2:30 pm– 2:50 pm General Stretch
2:50 pm – 3:00 pm Warm up
3:00 pm– 4:30 pm Compete
4:30 pm Awards**

**Session 5
USAG Level 3
Born between (11/30/1995-3/16/2001)
4:30 pm– 4:50 pm General Stretch
4:50 pm – 5:00 pm Warm up
5:00 pm– 6:30 pm Compete
6:30 pm Awards
And Team Awards**

**2010 Florida USAG
Level 2
State Championship**

**November 21, 2010
Daytona Beach, Florida**

**Session 6
USAG Level 2
Born between (5/11/2004 - 1/7/2006)
8:00 am– 8:20 am General Stretch
8:20 am – 8:30 am Warm up
8:30 am– 10:00 am Compete
10:00 am Awards**

**Session 7
USAG Level 2
Born between (4/24/2003 – 5/10/2004)
10:00 am– 10:20 am General Stretch
10:20 am – 10:30 am Warm up
10:30 am – 12:00 pm Compete
12:00 pm Awards**

**Session 8
USAG Level 2
Born between (2/17/2000 – 4/23/2003)
12:00 pm – 12:20 pm General Stretch
12:20 pm – 12:30 pm Warm up
12:30 pm– 2:00 pm Compete
2:00 pm Awards
And Team Awards**

All sessions are Modified Capitol format

