

**2011 Florida USAG  
Level 4  
State Championship**

**December 10, 2011**

**The Ocean Center  
101 N. Atlantic Ave.  
Daytona Beach, Florida 32118**

**Session 1**

**Born between (4/20/1994 – 6/4/2000)  
8:00 am– 8:20 am General Stretch  
8:20 am – 8:30 am Warm up  
8:30 am– 10:30 am Compete  
10:30 am Awards**

**Session 2**

**Born between (6/5/2000-3/19/2001)  
10:30 am– 10:50 am General Stretch  
10:50 am – 11:00 am Warm up  
11:00 am – 1:00 pm Compete  
1:00 pm Awards**

**Session 3**

**Born between(3/20/2001–10/15/2001)  
1:00 pm– 1:20 pm General Stretch  
1:20 pm – 1:30 pm Warm up  
1:30 pm– 3:30 pm Compete  
3:30 pm Awards**

**Session 4**

**Born between (10/16/2001-4/22/2002)  
3:30 pm– 3:50 pm General Stretch  
3:50 pm – 4:00 pm Warm up  
4:00 pm– 6:00 pm Compete  
6:00 pm Awards**

**Session 5**

**Born between (4/23/02-9/4/2002)  
6:00 pm– 6:20 pm General Stretch  
6:20 pm – 6:30 pm Warm up  
6:30 pm– 8:30 pm Compete  
8:30 pm Awards**

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**Session 6**

**Born between (9/5/2002-1/22/2003)  
8:00 am– 8:20 am General Stretch  
8:20 am – 8:30 am Warm up  
8:30 am– 10:30 am Compete  
10:30 am Awards**

**Session 7**

**Born between (1/23/2003–6/9/2003)  
10:30 am– 10:50 am General Stretch  
10:50 am – 11:00 am Warm up  
11:00 am – 1:00 pm Compete  
1:00 pm Awards**

**Session 8**

**Born between (6/10/2003–2/4/2004)  
1:00 pm – 1:20 pm General Stretch  
1:20 pm – 1:30 pm Warm up  
1:30 pm– 3:30 pm Compete  
3:30 pm Awards**

**Session 9**

**Born between (2/5/2004–8/29/2005)  
3:30 pm – 3:50 pm General Stretch  
3:50 pm – 4:00 pm Warm up  
4:00 pm– 6:00 pm Compete  
6:00 pm Awards  
And Team Awards**

**All sessions are Modified Capitol Cup format**