



FALL FINALE

TRIANGULAR

FOND DU LAC



SHEBOYGAN



KETTLE MORaine

SATURDAY, NOVEMBER 21

SESSION 1- LEVEL 1 & LEVEL 2

Open Stretch 8:00 AM/Compete 8:20 AM

VAULT, BARS, BEAM, FLOOR
BARS, BEAM, FLOOR, VAULT
BEAM, FLOOR, VAULT, BARS
FLOOR, VAULT, BARS, BEAM

SHEB L1 (3), L2 (6)
FDL L2 (6)
SHEB L2 (10)
FDL L2 (6)

SESSION 2- LEVEL 3 & LEVEL 4

Open Stretch 10:30 AM/Compete 10:50 AM

VAULT, BARS, BEAM, FLOOR
BARS, BEAM, FLOOR, VAULT
BEAM, FLOOR, VAULT, BARS
FLOOR, VAULT, BARS, BEAM

SHEB L3 (9)
FDL L3 (18)*
SHEB L4 (8)
FDL L4 (13)*

SESSION 3- LEVEL 5, LEVEL 6 & XCEL PLATINUM

Open Stretch 2:00 PM/Compete 2:20 PM

VAULT, BARS, BEAM, FLOOR
BARS, BEAM, FLOOR, VAULT
BEAM, FLOOR, VAULT, BARS
FLOOR, VAULT, BARS, BEAM

FDL L5 (7)
SHEB L5 (2), L6 (4), XP (1)
FDL L6 (9), XP (2)
KM L6 (13)*

SESSION 4- LEVEL 7, LEVEL 8 & LEVEL 9

Open Stretch 5:45 PM/Compete 6:05 PM

VAULT, BARS, BEAM, FLOOR
BARS, BEAM, FLOOR, VAULT
BEAM, FLOOR, VAULT, BARS
FLOOR, VAULT, BARS, BEAM

SHEB L7 (3), L8 (2)
FDL L7 (8)
FDL L8 (7), L9 (1)
KM L7 (10), L8 (1)

FOND DU LAC FAMILY YMCA GYMNASTICS & PROGRAM CENTER
520 N MAIN ST., FOND DU LAC, WI 54935



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SUNDAY, NOVEMBER 22

SESSION 1- XCEL SILVER

Open Stretch 8:00 AM/Compete 8:20 AM

VAULT, BARS, BEAM, FLOOR
BARS, BEAM, FLOOR, VAULT
BEAM, FLOOR, VAULT, BARS
FLOOR, VAULT, BARS, BEAM

KM (9)
FDL (10)
KM (5), SHEB (4)
KM (9)

SESSION 2- XCEL GOLD

Open Stretch 10:30 AM/Compete 10:50 AM

VAULT, BARS, BEAM, FLOOR
BARS, BEAM, FLOOR, VAULT
BEAM, FLOOR, VAULT, BARS
FLOOR, VAULT, BARS, BEAM

KM (9)
KM (9)
KM (7), SHEB (2)
FDL (10)

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AGE GROUPS

LEVEL 1	ALL AGES		
LEVEL 2	8 & UNDER	9 & UP	
LEVEL 3	9 & UNDER	10 & UP	
LEVEL 4	10 & UNDER	11 & UP	
LEVEL 5	ALL AGES		
LEVEL 6	12 & UNDER	13 & UP	
LEVEL 7	13 & UNDER	14 & UP	
LEVEL 8	ALL AGES		
XCEL SILVER	8 & UNDER	9 & 10	11 & UP
XCEL GOLD	9 & UNDER	10 & 11	12 & UP
XCEL PLATINUM	12 & UNDER	13 & UP	