

**RHYTHMIC GYMNASTICS  
2018 NEW YORK STATE CHAMPIONSHIPS  
COACHES CUP INVITATIONAL  
Friday, March 16th, 2018**

**SESSION I                                      LEVEL 7 Junior A year 2007+Senior (15 gymnasts)**

7:30am-8:15 am	Gym opens - General Warm-Up (warm-up area)
8:15am- 8:20am	Isadora (4), Iliana RG (2), Matchpoint (1)
8:20am-8:25am	Rhythmic Ribbon of Texas (2), NorthWest Rhythmic (2), Rhythmic Stars (1), Nova (2), RhythMix (1)
8:25am-10:35am	<b>March In and COMPETITION</b>

**SESSION II                                      LEVEL 7 Junior A Year 2006+ Child C (19 gymnasts)**

9:50am- 10:35am	General Warm-up (warm-up area)
10:35am-10:40am	Matchpoint (4), Rhythmic Stars (1), Rhythmic Dreams (2), ANS Rhythmic (1), Gymnastics World (2)
10:40am-10:45am	Isadora (5), Miami Gymnastics (1), RhythMix (2), Iliana RG (1)
10:45am-1:25pm	<b>March In and COMPETITION</b>

**\*\*\* Awards Ceremony for Session I and II \*\*\***

**SESSION III                                      LEVEL 7 Junior B (19 gymnasts)**

1:00pm- 1:45pm	General Warm-up (warm-up area)
1:45pm-1:50pm	Gold Ray Rhythmic(3), ANS Rhythmic(3), Gymnastics World(2), Iliana RG (1), Nova (1)
1:50pm-1:55pm	Philadelphia RA (2), Matchpoint (1), Elegance (3), Isadora (3)
1:55pm-4:35pm	<b>March In and COMPETITION</b>

**SESSION IV                                      LEVEL 8 Junior A Year 2007+Senior (8 gymnasts)**

3:50pm-4:35pm	General Warm- Up (warm-up area)
4:35pm-4:40pm	Miami Gymnastics (1), Rhythmic Dreams (1), Matchpoint (2), Philadelphia RA (1), Texas Rhythmic Academy (1), Elegance (1), Prima RG (1)
4:40pm-5:50pm	<b>March In and COMPETITION</b>

**\*\*\* Awards Ceremony for Sessions III and IV\*\*\***

**SESSION V                                      LEVEL 8 Junior B (24 gymnasts)**

5:25pm-6:10pm	General Warm- Up (warm-up area)
6:10pm-6:15pm	Matchpoint (2), Mini-Hops Gymnastics (2), Twin Cities Rhythmic (1), Rogue Rhythmic (1), Texas Rhythmic Academy (2)
6:15pm-6:20pm	Isadora (6), Rhythmic Ribbon of Texas (1), Dynamics (1)
6:20pm- 6:25pm	Rhythmic Stars (3), Philadelphia RA (2), Nova (2), Elegance (1)
6:25pm-9:25pm	<b>March In and COMPETITION</b>

**\*\*\* Awards Ceremony for Session V\*\*\***



**RHYTHMIC GYMNASTICS  
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Saturday, March 17th, 2018**

**SESSION V**

**LEVEL 9 Hope (11 gymnasts)**



3:05pm-4:05pm	General Warm- Up (warm-up area)
4:05pm-4:10pm	Iliana RG (1), M&N Rhythmic (7), Matchpoint (2), Texas Rhythmic Academy (1)
4:10pm-5:00pm	<b>COMPETITION</b>

**SESSION VI**

**LEVEL 10 Juniors (17 gymnasts)**



4:00pm-5:00pm	General Warm- Up (warm-up area)
5:00pm-5:03pm	Gymnastics World(1), Isadora(1), M&N Rhythmic Academy(2), Miami Gymnastics(1), <b>Emerald City Academy(1)</b> , NorthWest Rhythmic(1), Rhythmic Stars (1), Rhythmic Dreams (1)
5:03pm-5:06pm	North Shore Rhythmic (5), Philadelphia RA (2), San Diego Rhythms (1)
5:07pm-6:15pm	<b>COMPETITION</b>

**\*\*\* 2 events Awards for Level 9 Junior C, Level 9 Hopes, 10 Junior\*\*\***

**SESSION VII**

**LEVEL 9 Seniors (12 gymnasts)**



5:45pm- 6:45pm	Gym Opens - General Warm-up (warm-up area)
6:45pm-6:48pm	Gold Ray Rhythmic (1), Isadora (2), RhythMix (1), Elegance (2)
6:48pm-6:51pm	North Shore Rhythmic (2), ANS Rhythmic (1), Twin Cities Rhythmic(2), Dynamics (1)
6:52pm-7:50pm	<b>COMPETITION</b>

**SESSION VIII**

**LEVEL 10 Seniors (12 gymnasts)**



6:50pm-7:50pm	General Warm- Up (warm-up area)
7:50pm-7:55pm	Isadora (2), M&N Rhythmic Academy (1), Prima RG (1), Rhythmic Ribbon of Texas (1), Burlo Gymnastics (1)
7:55pm-8:00pm	North Shore Rhythmic (3), Tampa Bay Rhythmics (3)
8:00pm-9:00pm	<b>COMPETITION</b>

**\*\*\* 2 events Awards for Levels 9 and 10 Senior \*\*\***

**RHYTHMIC GYMNASTICS**  
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 Sunday, March 18th, 2018

**SESSION I** **LEVEL 9 Junior B (19 gymnasts)**  

7:30am- 8:15am	General Warm- Up (warm-up area)
8:15am-8:20am	Rhythmic Dreams (1), Isadora (2), RhythMix (1), Gold Ray Rhythmic (2), San Diego Rhythms (1), Matchpoint (1), Nova (1), Mini-Hops Gymnastics (1)
8:20am-8:25am	M&N Rhythmic Academy (3), Rogue Rhythmic(1), North Shore Rhythmic (5)
8:25am-9:55am	<b>COMPETITION</b>

**SESSION II** **LEVEL 9 Junior A (19 gymnasts)**

9:10am-9:55am	General Warm- Up (warm-up area)
9:55am-10:00am	Prima RG (1), Isadora (3), Matchpoint (2), NorthWest Rhythmic (1), San Diego Rhythms (1), Texas Rhythmic Academy (1), Twin Cities Rhythmic (1)
10:00am-10:05am	M&N Rhythmic Academy (2), North Shore Rhythmic (3), RhythMix (1), Philadelphia RA(1), Nova (1), <b>Emerald City Academy (1)</b>
10:05am-11:35am	<b>COMPETITION</b>

**SESSION III** **LEVEL 9 Junior C (19 gymnasts)**

10:50am-11:35am	General Warm- Up (warm-up area)
11:35am-11:40am	Philadelphia RA (1), RhythMix (1), San Diego Rhythms (1), Rhythmic Dreams (2), Matchpoint (1), NorthWest Rhythmic (1), Nova (1), M&N Rhythmic Academy (1)
11:40am-11:45am	Twin Cities Rhythmic (1), North Shore Rhythmic (3), Isadora (5), Iliana RG (1)
11:45am-1:15pm	<b>COMPETITION</b>

\*\*\* 2 events and All-around Awards for All Level 9 Juniors \*\*\*  
 \*\*\*4 events and All-around Awards for New York State Level 9 Juniors\*\*\*

**SESSION IV** **Groups**

1:00pm-1:45pm	General Warm-up (warm-up area)
1:45pm-1:50pm	Rhythmic Dreams (Advanced)
1:50pm-1:55pm	Rhythmic Stars (Advanced)
1:55pm-2:00pm	<b>Emerald City (FIG Jr)</b>
2:00pm-2:05pm	Rhythmic Dreams (FIG Sr)
2:05pm-2:45pm	<b>COMPETITION</b>

**SESSION V** **LEVEL 9 Hope (11 gymnasts)**

2:00pm-2:45pm	General Warm- Up (warm-up area)
2:45pm-2:50pm	Iliana RG (1), M&N Rhythmic (7), Matchpoint (2), Texas Rhythmic Academy (1)
2:50pm-3:40pm	<b>COMPETITION</b>

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**SESSION VI** **LEVEL 10 Juniors (17 gymnasts)**

2:55pm-3:40pm	General Warm- Up (warm-up area)
3:40pm-3:45pm	North Shore Rhythmic (5), Philadelphia RA (2), San Diego Rhythms (1)
3:45pm-3:50pm	Gymnastics World(1), Isadora(1),M&N Rhythmic Academy(2), Miami Gymnastics(1), Emerald City Academy(1), NorthWest Rhythmic(1), Rhythmic Stars (1), Rhythmic Dreams (1)
3:50pm-5:00pm	<b>COMPETITION</b>

\*\*\* 2 events and All-Around Awards for Groups, Level 9 Hopes and 10 Junior\*\*

**SESSION VII** **LEVEL 9 Seniors (12 gymnasts)**



4:45pm- 5:30pm	Gym Opens - General Warm-up (warm-up area)
5:30pm-5:35pm	North Shore Rhythmic (2), ANS Rhythmic (1), Twin Cities Rhythmic (2), Dynamics (1)
5:35pm-5:40pm	Gold Ray Rhythmic (1), Isadora (2), RhythMix (1), Elegance (2)
5:40pm-6:40pm	<b>COMPETITION</b>

**SESSION VIII** **LEVEL 10 Seniors (12 gymnasts)**



5:40pm-6:40pm	General Warm- Up (warm-up area)
6:40pm-6:45pm	North Shore Rhythmic (3), Tampa Bay Rhythmics (3)
6:45pm-6:50pm	Isadora (2), M&N Rhythmic Academy (1), Prima RG (1), Rhythmic Ribbon of Texas (1), Burlo Gymnastics (1)
6:50pm-7:50pm	<b>COMPETITION</b>

\*\*\* 2 events and All-Around Awards for Levels 9 and 10 Senior \*\*\*

\*\* COACHES CUP AWARD \*\*