

2018 November to Remember Schedule

D.E.E.N.O.S. Planet Gymnastics
355 Commerce Dr.
Rincon, GA 31326
(912) 826-2011

ALL SESSIONS ARE MODIFIED TRADITIONAL (WARM UP-COMPETE)

SATURDAY, NOVEMBER 3rd

Session 1	Stretch	8:00-8:15	Squad A	Squad B	Squad C	Squad D
USA 2	Warm Up 1 st	8:15-8:20	IY 10	Champ 8	LnB 1	CGA 9
	Intro	8:20-8:25			LibY 4	
	Compete	8:25-9:25				
	Awards	9:25-9:45				

Session 2	Stretch	9:45-10:05	Squad A	Squad B	Squad C	Squad D
USA 4	Warm Up 1 st	10:05-10:16	SAB 5	Sum 4	AAG 6	Sum 10
	Intro	10:16-10:21	IY 6	CGA 3	LnB 1	
	Compete	10:21-12:15		Champ 3	LibY 2	
	Awards	12:15-12:30				

Session 3	Stretch	12:30-12:50	Squad A	Squad B	Squad C	Squad D
USA 3 & XB	Warm Up 1 st	12:50-12:58	AAG 8 xb	SUM 7 L3	AAG 9 xb	SAG 7 L3
	Intro	12:58-1:03		CGA 2 L3		LnB 3 L3
	Compete	1:03-2:30				
	Awards	2:30-2:50				

Session 4	Stretch	2:50-3:10	Squad A	Squad B	Squad C	Squad D
USA 3	Warm Up 1 st	3:10-3:19	Champ 8	IY 9	AAG 8	IY 4
	Intro	3:10-3:24				LibY 5
	Compete	3:24-4:45				
	Awards	4:45-5:05				

Session 5	Stretch	5:05-5:25	Squad A	Squad B	Squad C	Squad D
USA 5-9, XS,XP	Warm Up 1 st	5:25-5:36	Sum 10 xs	DPG 1 xp	Sum 5 xs	AAG 7 xs
	Intro	5:36-5:41		DPG 1 L7	Sum 2 L5	
	Compete	5:41-7:26		DPG 1 L9	LnB 2 L5	
	Awards	7:26-7:45		Champ 4 L6	AAG 1 L5	

Admission	Adults (18-65)	\$10	Color Program	\$5
	Children (5-18)	\$5	Meet T-Shirt	\$15
	Senior/Military	\$5	Meet Bag	\$5
			Bundle (Program, Shirt, Bag)	\$20

Note: Parking and seating is limited. Please do not come early for your session. You will likely have to wait outside until the prior session clears out.

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SUNDAY, NOVEMBER 4th

Session 6	Stretch	8:00-8:15	Squad A	Squad B	Squad C	Squad D
USA 1	Warm Up 1 st	8:15-8:22	Champ 8	AAG 8	IY 8	Sum 12
	Intro	8:22-8:27			LnB 6	
	Compete	8:27-9:35				
	Awards	9:35-9:55				

Session 7	Stretch	9:55-10:15	Squad A	Squad B	Squad C	Squad D
AAU XB, XS, XG	Warm Up 1 st	10:15-10:23	DD 5 xb	DPG 10 xb	DPG 7 xb	DPG 4 xs
	Intro	10:23-10:28	DD 2 xs			DPG 5 xg
	Compete	10:28-11:55	DD 3 xg			
	Awards	11:55-12:15				

Admission	Adults (18-65)	\$10	Color Program	\$5
	Children (5-18)	\$5	Meet T-Shirt	\$15
	Senior/Military	\$5	Meet Bag	\$5
			Bundle (Program, Shirt, Bag)	\$20

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