

2009 ALABAMA OPTIONAL JUDGE'S CUP

SATURDAY, DECEMBER 12

SESSION 1 PREP OPTIONAL 44 Modified Traditional

Edgewater, Japer Elite, Nasser*, Prattville, Tuscaloosa Tumbling Tides
(Teams with asterisks are in two rotations)*

10:00 Stretch

10:25 Introduction

10:30 Warm Up & Compete

1:40 Awards

SESSION 2 LEVEL 8 & 9 49 Modified Traditional

Alabama Elite, Alabama Starz, Armory, Auburn, Bay City, Calvin's, Edgewater, Eastern Shore, Gulf Coast, Nasser, NSG Saltos, Prattville, Shoals, Tumbling Tides

2:30 Stretch

2:55 Introduction

3:00 Warm Up & Compete

7:30 Awards

SUNDAY, DECEMBER 13

SESSION 3 LEVEL 7 40 Modified Traditional

Armory, Auburn, Bama Bounders, Bay City, Calvin, Eastern Shore, Edgewater, Gulf Coast, Jasper Elite

9:00 Stretch

9:25 Introduction

9:30 Warm Up & Compete

12:10

SESSION 4 LEVEL 7 39 Modified Traditional

Alabama Elite, Alabama Starz, JFJ, Mountain Brook, NSG Saltos, Prattville. Tumbling Tides

1:00 Stretch

1:25 Introduction

1:30 Warm Up & Compete

4:45 Awards