

Emerald City classic- March 2,3 & 4

We will warm up in one gym and compete in the other - with some modifications. We have packed our sessions pretty tightly together. Please instruct your parents to arrive early, but not too early as seating will be tight until the session before them clears out.

Coaches- Please be sure to bring your USA Membership Card.

Session 1 – Level 6 (56)-

Royals: Kat Pontranelli and Leah Morgan

Friday, March 2, 2012

6:00 pm stretch

6:20 pm National Anthem & Introductions, Compete

9:00 pm Awards

Session 6 – ASN (73) & Level 4 SR AGE GROUP

Royals: Mia Isaccs, Alexis Lingerman, Aubrey Issacs, Rachel Reisenfeld, Cassie Sissom, Brook Keys, Lexi Nicholson, Kaelan Beggan

Sunday, March 4, 2012

8:00 am Stretch

8:20 am National Anthem, Introductions & Compete

11:45 am Awards

Session 7 – Level 4 (all except SR age group)

Royals: Emily Grooms, Megan Broyan, Breana Spain, Sophia Sterling, Mackenzie Fox, Alexis Underhill, Amanda Long, Zoe Gayle

12:15 pm Stretch

12:35 pm Introductions & Compete

3:30 pm Awards

Session 8 – Level 5 (97) –

Royals: Megan Dent, Rachel Hunter, Elizabeth Ennis, Lanie Myers, Jamie Macecivic, Makala Purifoy, Sailey Schoolfield, Kai Davis, Lizzie Cole Reiley Moore

4:00 pm Stretch

4:20 pm Introductions & Compete

7:45 pm Awards

Directions:

From Richmond and South: From I-95 North. Merge onto US-17 North via Exit 133 toward Warrenton. Merge on US-15 North. Merge onto the 15 Bypass North toward Frederick. Turn right at the first traffic light onto Sycolin Rd. Turn right onto Miller Dr. APEX is the second left. The entrance is on the side parking lot.