



Gulf Coast Spring Into Gold Invitational 2014

Saturday, March 8th

Session 1	Jr. Prep 3 & 4
8:00 AM	Warm-up
8:20 AM	Coaches Meeting
8:25 AM	March-in
8:30 AM	Competition
Session 2	Junior Prep 5, Jr. Ranking, and Jr. 6 – 9
12:45 PM	Stretch & Bar Sets
1:05 PM	Coaches Meeting
1:10 PM	March-in
1:15 PM	Competition
Session 3	Jr. 10 and All Seniors and Elites
4:45 PM	Stretch & Bar Sets
5:05 PM	Coaches Meeting
5:10 PM	March-in
5:15 PM	Competition



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Sunday, March 9th

Session 4 Jr. Prep Ranking and Jr. Prep 1 & 2

8:00 AM	Warm-up
8:20 AM	Coaches Meeting
8:25 AM	March-in
8:30 AM	Competition

Session 5 All Developmentals

11:30 AM	Stretch & Bar Sets
11:45 AM	Coaches Meeting
11:50 AM	March-in
12:00 PM	Competition