

# CHILTON COUNTY YMCA FALL FESTIVAL 2009

## MEET SCHEDULE

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### FRIDAY SEPTEMBER 11, 2009

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SESSION 1 - LEVEL 3 - MODIFIED TRADITIONAL  
ALS / ARM A / BB / GG / TNT

OPEN STRETCH	6:00 PM	6:20 PM
INTRODUCTION	6:20 PM	6:30 PM
WARM-UP/COMPETE	6:30 PM	8:10 PM

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### SATURDAY SEPTEMBER 12, 2009

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SESSION 2 - LEVEL 2/3 – MODIFIED TRADITIONAL  
CCY L2 / ESI / ING / NAGC L2&3

OPEN STRETCH	8:00 AM	8:20 AM
INTRODUCTION	8:20 AM	8:30 AM
WARM-UP/COMPETE	8:30 AM	10:00 AM

SESSION 3 - LEVEL 3 - MODIFIED TRADITIONAL  
ARM B / CCY / MTB

OPEN STRETCH	10:15 AM	10:35 AM
INTRODUCTION	10:35 AM	10:45 AM
WARM-UP/COMPETE	10:45 AM	12:25 PM

SESSION 4 - LEVEL 5 - MODIFIED TRADITIONAL  
AUB / CCY / ESI / GG / NAGC / NSG / SEA / TNT / TUM

OPEN STRETCH	12:45 PM	1:15 PM
INTRODUCTION	1:15 PM	1:25 PM
WARM-UP/COMPETE	1:25 PM	4:50 PM

SESSION 5 - LEVEL 5 - MODIFIED TRADITIONAL  
ALS / ARM / ING / MTB / SS / TTT

OPEN STRETCH	5:00 PM	5:30 PM
INTRODUCTION	5:30 PM	5:40 PM
WARM-UP/COMPETE	5:40 PM	9:05 PM

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### SUNDAY SEPTEMBER 13, 2009

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SESSION 6 - LEVEL 4 – MODIFIED TRADITIONAL  
ARM / BB / NAGC / SEA

OPEN STRETCH	8:00 AM	8:20 AM
INTRODUCTION	8:20 AM	8:30 AM
WARM-UP/COMPETE	8:30 AM	11:30 AM

SESSION 7 - LEVEL 4 – MODIFIED TRADITIONAL  
ALS / AUB / CCY / GG / MTB

OPEN STRETCH	11:45 AM	12:05 PM
INTRODUCTION	12:05 PM	12:15 PM
WARM-UP/COMPETE	12:15 PM	2:35 PM

SESSION 8 - LEVEL 4 – MODIFIED TRADITIONAL  
ESI / GIP / ING / NSG / TNT / SS

OPEN STRETCH	2:45 PM	3:05 PM
INTRODUCTION	3:05 PM	3:15 PM
WARM-UP/COMPETE	3:15 PM	5:35 PM

SESSION 9 - LEVEL 6/PO – MODIFIED TRADITIONAL  
ALL L6 & PO

OPEN STRETCH	5:45 PM	6:05 PM
INTRODUCTION	6:05 PM	6:15 PM
WARM-UP/COMPETE	6:15 PM	8:35 PM