



Fliptanic 2009 Meet Schedule



Friday, October 2, 2009

Session 1: Level 3 / Traditional Format
MTB, JFJ, BB, ALS

Stretch	5:00 - 5:15pm
Warm Up	5:15 - 5:55pm
March In	5:55 - 6:05pm
Competition	6:05 - 7:20pm
Awards	7:20pm



Saturday, October 3, 2009

Session 2: Level 2 and 3 / Traditional Format
NAGC, SSG, TTT

Stretch	8:00 - 8:15am
Warm Up	8:15 - 8:40am
March In	8:40 - 8:50am
Competition	8:50 - 9:35am
Awards	9:35am

Session 3: Level 4 / Traditional Format
ENT, LG, NAGC, WPA, TN-INT, TTT, EG

Stretch	9:45 - 10:00am
Warm Up	10:00-10:50am
March In	10:50-11:00am
Competition	11:00-12:55pm
Awards	12:55pm

Session 4: Level 6 / Traditional Format
ENT, TTT, MTB, BB, SSG, ALS, SS, LG

Stretch	1:00 - 1:15pm
Warm Up	1:15 - 1:50pm
March In	1:50 - 2:00pm
Competition	2:00 - 3:05pm
Awards	3:05pm

Session 5: Level 5 / Traditional Format
ENT, TTT, SS, NAGC, WPA, TN-INT

Stretch	3:15 - 3:30pm
Warm Up	3:30 - 4:20pm
March In	4:20 - 4:30pm
Competition	4:30 - 6:00pm
Awards	6:00pm

Session 6: Optional and Prep Optional / Modified Traditional
TUM, SS, JE, TTT, NAS

Stretch	6:00 - 6:20pm
March In	6:20 - 6:30pm
Warm Up/Compete	6:30 - 9:30pm
Awards	9:30pm

Sunday, October 4, 2009

Session 7: Level 5 / Traditional Format
LG, BB, JFJ, ALS, SSG

Stretch	8:00 - 8:15am
Warm Up	8:15 - 9:15am
March In	9:15 - 9:25am
Competition	9:25 - 11:05am
Awards	11:05am

Session 8: Level 4 / Traditional Format
ALS, BB, SS, MTB, JFJ, SSG

Stretch	11:20 - 11:35am
Warm Up	11:35 - 12:35pm
March In	12:35 - 12:45pm
Competition	12:45 - 3:00pm
Awards	3:00pm



TUSCALOOSA TUMBLING TIDES, INC.
100-9TH COURT
TUSCALOOSA, AL. 35401
Phone: 205-345-0999
Fax: 205-345-2799
Email: Tumbletide@aol.com

Directions to Tuscaloosa Tumbling Tides

From Birmingham: Go I-59/20 South toward Tuscaloosa. Take Exit 71-B/359 (Downtown Tuscaloosa). Take the first exit, Exit #1 (35th Street/Kauloosa Avenue). Turn left at the light. Go to the second light (approximately .3 of a mile) and turn right onto 31st Street. There will be a large empty car dealership on your left and a mini-storage unit on your right. We are the last building on the right, across the street from a large apartment complex called University Village. There is plenty of parking at the back of the building.

From Mississippi: Go I-59/20 North toward Birmingham. Take Exit 71-B/359 (toward Downtown Tuscaloosa). Take the first exit, Exit #1 (35th Street/Kauloosa Avenue). Turn left at the light. Go to the second light (approximately .3 of a mile) and turn right onto 31st Street. There will be a large empty car dealership on your left and a mini-storage unit on your right. We are the last building on the right, across the street from a large apartment complex called University Village. There is plenty of parking at the back of the building.

From Northport: From Hwy 82, take Bridge Avenue toward Tuscaloosa. Cross the bridge on Lurleen Wallace Blvd. Take Exit #1 (35th Street/Kauloosa Avenue). Turn left onto 35th Street. Go through two (2) lights. This road becomes 10th Avenue. A large empty car dealership will be on your left and Chevron will be on your right. Take the first right turn (31st Street). We are the last building on the right. There is plenty of parking at the back of the building.

From Montgomery: Go I65 North towards Birmingham. Once in Birmingham take I-459 South until it ends. Then take I59/20 South until you get to Exit71-B/359 (toward Downtown Tuscaloosa). Take the first exit, Exit #1 (35th Street/Kauloosa Avenue). Turn left onto 35th Street. Go to the second light (approximately .3 of a mile) and turn right onto 31st Street. There will be a large empty car dealership on your left and a mini-storage unit on your right. We are the last building on the right, across the street from a large apartment complex called University Village. There is plenty of parking at the back of the building.

Or: Take I-65 North to Prattville Exit 179. Take a left off of the interstate ramp. Then follow to the first red light and take a left which is HWY 82 (you will see an O'Charley's on your left). Stay on HWY 82 all the way to Tuscaloosa (approximately 90 miles). Once in Tuscaloosa HWY 82 becomes McFarland Blvd. You will cross over Skyland Blvd. (McFarland Mall will be on your right). Get in the far left hand lane and go under the overpass to turn left and get on I 59/20 South. Take Exit 71B/359 toward downtown Tuscaloosa. Take the first exit, Exit #1 (35th Street/Kauloosa Avenue). Turn left at the light. Go to the second light (approximately .3 of a mile) and turn right onto 31st Street. There will be a large empty car dealership on your left and a mini-storage unit on your right. We are the last building on the right, across the street from a large apartment complex called University Village. There is plenty of parking at the back of the building.