

13th Annual Muscle Man Challenge - North 2011 Schedule

Note: Let your parents know that the gate admission is \$1-kids (11 & under) and \$3-adults (12 yr olds & up).

Sunday, September 18th, 2011

Session 1: 6-7 yrs, 8-9yrs

12:45pm Gym Opens
 1:00pm Open Warm Up/Stretch
 1:10pm Coaches' Meeting (Double check your tabulation sheets & turn them in after each event).
 1:30pm Introduction & then Competition Begins (Only take about 3-5 min to prep at each event).

Awards to follow. (Remember only All-Around Medals given for age-groups + 1st, 2nd, & 3rd places for the Jr. Team Awards, which is the 6-9s combined, taking the top 4 scores per event). The Muscle Man Award (given to the highest individual all-arounder in the entire meet, regardless of age) will be given after the second session ends - just like the Grand Champions Team Award.

<u>Handstand Hold</u>	<u>Pommel Circles</u>	<u>Rope Climb</u>	<u>Vertical Leap</u>
EWA (7)			Southlake: 8-9s (7)

<u>Pull Overs</u>	<u>Box Jumps</u>	<u>Ring Strength</u>	<u>Leg Lifts</u>
Southlake: 6-7s (5)		Texas Dreams (5) Gymstar (3)	

Rotation: Handstand Hold - Circles - Rope - Vertical Leap - Pull Overs - Box Jumps - Rings - Leg Lifts

Session 2: 10-11yrs, 12-13yrs, 14+yrs

4:00pm Open Warm Up/Stretch
 4:10pm Coaches' Meeting (Double check your tabulation sheets & turn them in after each event).
 4:30pm Introduction & then Competition Begins (Only take about 3-5 min to prep at each event).

Awards to follow. (Remember only All-Around Medals given for age-groups + 1st, 2nd, & 3rd places for the Sr. Team Awards, which is the 10-14+s combined, taking the top 4 scores per event). The Muscle Man Award (given to the highest individual all-arounder in the entire meet, regardless of age) will be given after this session ends - just like the Grand Champions Team Award, which is for the 6-14+s combined - taking the top 6 scores per event.

<u>Handstand Hold</u>	<u>Pommel Circles</u>	<u>Rope Climb</u>	<u>Vertical Leap</u>
EWA: 12-13 & 14+s (10)		EWA: 10-11s (5) Texas Dreams (4)	

<u>Pull Overs</u>	<u>Box Jumps</u>	<u>Ring Strength</u>	<u>Leg Lifts</u>
Southlake: 10-11s (8)		Southlake: 12-13 & 14+s (8) Gymstar (1)	