



Virginia Judges' Cup

at Ocean Tumblers Gymnastics, Chesapeake, VA
December 10-12, 2010

Revised: November 28th (Updates in *Red*)



→ Minimum number of coaches needed is shown in [square brackets] *IF* more than 1 ←

Friday, December 10th

Session 1

| | | | |
|---------|--------------|------------------|--------------------------|
| 6:00 PM | Open stretch | Aerial East (5s) | OT (5s, 6s) [4] |
| 9:45 PM | Awards | Full Force (5s) | WISC (5s) |
| | | Gymstrada (5s) | World Class (5s, 6s) [2] |

Saturday, December 11th

Session 2

| | | | |
|----------|--------------|--------------------------------------|------------------------|
| 8:00 AM | Open stretch | Chantilly Academy (4s) [2] | GMS (4s) [2] |
| 11:45 AM | Awards | Dulles Gym (AS-Nov , 4s) | Novaks (4s) |
| | | Elite Athletics (4s) | <i>Shenandoah (4s)</i> |
| | | Fairfax (4s) | Woods (4s) [2] |
| | | Full Force (4s) | |

Session 3

| | | | |
|----------|--------------|------------------------|-------------------------|
| 12:30 PM | Open stretch | Arlington Aerials (5s) | Roanoke Academy (5s)[2] |
| 4:30 PM | Awards | Capital (5s) [2] | <i>Shenandoah (5s)</i> |
| | | Chantilly Academy (5s) | VIGS (5s) |
| | | GMS (5s) [3] | |

Session 4

| | | | |
|---------|--------------|----------------------------------|------------------------------------|
| 5:15 PM | Open stretch | Blue Ridge (7s) | Full Force (7s, 8s) |
| 8:30 PM | Awards | Chantilly Academy (7s) | Gym Inc. (AS-Adv., 7s, 8s, 9s) [2] |
| | | Dulles Gym (AS-Adv., 7s, 8s) [2] | Novaks (7s, 8s) |
| | | Elite Athletics (AS-Adv.) | Roanoke Academy (7s, 8s, 9s) [2] |

Sunday, December 12th

Session 5

| | | | |
|----------|--------------|---------------------------------|----------------------------|
| 8:00 AM | Open stretch | Blue Ridge (6s) | GMS (6s) |
| 11:45 AM | Awards | Capital (6s) [2] | Gym Inc. (6s) |
| | | Chantilly Academy (6s) | Novaks (5s, 6s) [2] |
| | | Dulles Gym (AS-Int., 5s, 6s)[2] | Roanoke Academy (6s) |
| | | Elite Athletics (5s, 6s) [2] | VA Techniques (5s, 6s) [2] |
| | | Fairfax (5s) | WISC (AS-Int.) |
| | | Full Force (AS Int., 6s) | Woods (5s) |

Session 6

| | | | |
|----------|--------------|----------------------------|-------------------------|
| 12:30 PM | Open stretch | Arlington Aerials (4s) [2] | Roanoke Academy (4s)[3] |
| 4:15 PM | Awards | Capital (4s) [2] | VA Techniques (4s) [2] |
| | | OT (4s) | |

Session 7

| | | | |
|---------|--------------|-------------------|------------------------|
| 5:00 PM | Open stretch | Aerial East (4s) | OT (4s) [2] |
| 8:45 PM | Awards | Gym Inc. (4s) [2] | VIGS (4s) [2] |
| | | Gymstrada (4s) | WISC (AS-Nov., 4s) [2] |