



PA West Level 3 State Competition  
April 28-29, 2018

***If you have 12 or more gymnasts in any session, you will need 2 coaches!***

**Saturday, April 28<sup>th</sup>**

**Session 1—76 gymnasts**

**Aspinwall(3), Cutting Edge(3), Emerald City(5), Gymsport(9), Lakettes(10),  
Legend(5), Moshannon Valley(3), Off Limits(17), TGZ(7), Uzelac(15)**

8:00-8:30AM	Stretch
8:30-8:45AM	March-in
8:45-11:40AM	Warm-up & Competition
11:50AM-12:20PM	Awards

**Session 2—75 gymnasts**

**Alison Biondi(6), Bellefonte YMCA(4), Butler(9), Centre Elite(14), Core Elite(6)  
GVS Bounders(1), LTD(12), Pittsburgh Northstars(13), Waynesboro(3)**

12:35-1:05PM	Stretch
1:05-1:20PM	March-In
1:20-4:15PM	Warm-up & Competition
4:25-4:55PM	Awards

**Session 3—75 gymnasts**

**All-Star(5), Donachy(7), GGAC(11), Hershey Aerials(12), Perry Juniata(7),  
ProHealth(4), Roger's Gym(2), Summit(9), Team Lightning(18)**

5:10-5:40PM	Stretch
5:40-5:55PM	March-In
5:55-8:50PM	Warm-up & Competition
9:00PM	Awards

**Sunday, April 29<sup>th</sup>**

**Session 4—79 gymnasts**

**Bearfoot(3), Brandy Marie(12), Falcon(9), Gym Dandys(11), Hanover(19),  
Nittany(7), Rainbow(8), Ultimate(10)**

8:00-8:20AM	Stretch
8:20-8:35AM	March-in
8:35-11:40AM	Warm-up & Competition
11:50AM-12:20PM	Awards