

**Gymcats Invitational Sign ups!**  
**Sept. 24-26, 2010**

**Wednesday Night 9-22-10 clean the gym** - 4 points 8:30-10:00 AM  
Diane Hilton, Sandra Carson, Stephanie Omaha, Sherry Allen, Mike Norton

**Friday night – 9-24-10 set up for meet** 6 points 7:00 PM  
Joe Hill, John Wong, Michael Means, Graig Newell, Gina Tracy, Rosemarie Perez, Troy Erwin, Randy Burton, Gayle Sanford, Dwayne Dessaints, Jeff Wood, Stan Isa, Lori Wodka

**Friday night cleaning** 7:30 pm vacuuming , bathrooms, windows, mats 3 points  
Andrea Barretto, Holly Poniewaz, Richard Friedrich

**Saturday Cleaning 9-25-10 12 noon** vacuuming , bathrooms, windows, mats  
2 points  
Melinda Huston, Carrie Owens, Karen Mangan

**Saturday after meet Cleaning** pick up/clean up gym 2 points  
Kathy Warning, Piccolo, Cathy Riley

**Sunday 9-26-10 after meet approx 4 pm put equipment back**  
8 points  
John Kachinsky, Jim Gravo, Steve Bucher, Todd Kennedy, Windy Humphries, Robin Traficanti, Linda Hightower, Dwayne Huston, Shana Stott, Bryan Waters, Robert Kopecky, Joel Bunata

**Cleaning, 9-26-10 4 pm** vacuuming , bathrooms, windows, mats 3 points  
Linda Waters, Chris Means, Doris Davis

# Gymcats Invitational 2010

Saturday 9-25-10      **Session 1 – Level 4**      NO GYMCATS competing  
2:00 open stretch      March in – 2:15 pm

**1:15 pm**      SNACK BAR, ADMISSIONS, ATHLETE CHECK IN/CLEAN UP,  
STAMP CHECKER      Adults Only please – 3 pts  
Holly Hill, Vicki Dessaints, Heidi Eastwood, Diane Hilton, Karen Yamzon

**2:00 pm**      SESSION WORK, PALMS, TIMERS      Ages 12 & up – 2 pts  
Sydney Eastwood, Sherri Allen, Kelli Eastwood, Danielle Dessaints, Nancy Isa, Carrie  
Owens

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Saturday 9-25-10      **Session 2 – Level 5**      YES GYMCATS competing  
4:15 open stretch      March in – 4:30

**3:45 pm**      SNACK BAR, ADMISSIONS, ATHLETE CHECK IN/CLEAN UP,  
STAMP CHECKER      Adults Only please – 3 pts  
Nancy Isa, Jami Lieber, Jennifer Hutt, Debbie Johnson, Francine Tatum

**4:00 pm**      SESSION WORK, PALMS, TIMERS      Ages 12 & up – 2 pts  
Dawn Farnsworth, Stephanie, Omahar, Sandra Carson, Risa Perez, Carrie Owens, Cathy  
Riley

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Saturday 9-25-10      **Session 3 – Xcel Level**      YES GYMCATS competing  
Open stretch – 6:30 pm      march in – 6:45 pm

**6:15 pm**      SNACK BAR, ADMISSIONS, ATHLETE CHECK IN/CLEAN UP,  
STAMP CHECKER      Adults Only please – 3 pts  
Jennifer Hutt, Sandra Carson, Dave Nelson, Amy Massa, Amy Garcia Nelson

**6:20 pm**      SESSION WORK, PALMS, TIMERS      Ages 12 & up – 2 pts  
Dawn Farnsworth, Risa Perez, Stephanie Omahar, Ray Barretto, Cathy Riley  
Natalie Wilson - (1 shift open)

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**Sunday 9-26-10 Session 4 –Level 6** YES GYMCATS competing  
Open stretch – 8am march in – 8:15 am

**7:00 am** SNACK BAR, ADMISSIONS, ATHLETE CHECK IN/CLEAN UP,  
STAMP CHECKER Adults Only please – 3 pts

Karen Yamzon, Vicki Oshiro, Glenda Amesquita, Sharon Hyer, Tina Walsh

**7:55 am** SESSION WORK, PALMS, TIMERS Ages 12 & up – 2 pts

Linda Tobin, Gina Tracey, Sherri Allen, Anne Parlanti, Cathy Warning, Adrianna Warning

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**Sunday 9-26-10 Session 5 –Level 5** NO GYMCATS competing  
Open stretch 10:00 am march in 10:15 am

**9:30 am** SNACK BAR, ADMISSIONS, ATHLETE CHECK IN/CLEAN UP,  
STAMP CHECKER Adults Only please – 3 pts

Vicki Oshiro, Kristen Kachinsky, Shana Stott, Alicia Bunata, Thierry

**9:55 am** SESSION WORK, PALMS, TIMERS Ages 12 & up – 2 pts

Erinn Howell, Holly Wilson, Todd Howell, Risa Perez, Gayle Sanford  
Deena Abbr (1 shift open)

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**Sunday 9-26-10 Session 6 Level 4** Yes Gymcats Competing  
Open stretch 12:15 March in 12:30

**12 noon** SNACK BAR, ADMISSIONS, ATHLETE CHECK IN/CLEAN UP,  
STAMP CHECKER

Becky Schneider, Karen Yamzon, Pattee Wood, Rhonda Harrison, Thierry

**12:15 noon** SESSION WORK, PALMS, TIMERS Ages 12 & up – 2 pts

Kennady Schneider, Joanne Keith, Risa Perez,  
Holly Wilson Natalie Wilson Cathy Warning (3 shifts open)

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**Sunday 9-26-10 Session 7 Level 3**

Yes Gymcats Competing

Open stretch 2:30pm

March in 2:45pm

**2:15 pm** SNACK BAR, ADMISSIONS, ATHLETE CHECK IN/CLEAN UP,  
STAMP CHECKER **4 points (extra for clean up)**

Patte Wood, Windy Humphies, Laura Qualls, Risa Perez, Ray Barretto,

**2:30 pm** SESSION WORK, PALMS, TIMERS Ages 12 & up – 2 pts

Nancy Kennedy, Todd Kennedy, Tracy Fuller, Julie Hyan

Becky Schneider Kennady Schneider (2 shifts open)