

Xtreme Rhythmix Invitational 2009 – Diocesan School, Epsom

| | PANEL 1 | PANEL 2 |
|-------------------------------------|---------------------------------|----------------------------------|
| Saturday 23rd May | | |
| 7.30-8.30am | Warm-up | |
| 8.30-10am | L1 Free | L1 Ball |
| 10-10.15am | MORNING TEA | <i>Warm up for session 2</i> |
| 10.15-11.30am | L6 Ball/Jnr/Group | L4 Free |
| 11.30-11.45am | <i>15 mins</i> | <i>Warm up for session 3</i> |
| 11.45-1.15pm | L4 & 6 Clubs | L4 & 6 Hoop |
| 1.15-1.45pm | LUNCH | <i>Warm up for session 4</i> |
| 1.45-3.15pm | L8 & Stg 3/4 Free, Rope, Hoop | L8 & Stg 3/4 Ball, Clubs, Ribbon |
| 3.15-3.40pm | A/TEA | <i>Warm up for session 5</i> |
| 3.40-4.40pm | L9 Rope, Ball | L9 Hoop, Clubs |
| 4.40-4.55 | <i>15 mins</i> | <i>Warm up for session 6</i> |
| 4.55-5.55pm | L10 Rope, Ball | L10 Hoop, Ribbon |
| 6.10pm | <i>Prizegiving for Level 10</i> | |

| | PANEL 1 | PANEL 2 |
|-----------------------------------|--------------------------------------|------------------------------|
| Sunday 24th May | | |
| 7.45-9am | Warm-up | |
| 9.00-10.30am | L3 Free | L3 Rope |
| 10.30-10.45am | MORNING TEA | <i>Warm up for session 2</i> |
| 10.45-12pm | L3 Ball | L2 Free |
| 12-12.15pm | <i>15 mins</i> | <i>Warm up session 3</i> |
| 12.15-1.15pm | L2 Hoop | L2 Ball |
| 1.15-1.45pm | LUNCH | <i>Warm up for session 4</i> |
| 1.45-3.30pm | L5 Free, Ball, Clubs | L7 Rope, Hoop |
| 3.30-3.45pm | A/TEA | <i>Warm up for session 5</i> |
| 3.45-4.45pm | L7 Ball | L7 Clubs |
| 5pm | <i>Prizegiving for Level 5 and 7</i> | |

Music and Levels Cards should be handed in at the earliest possible time to the music table.

Prizegiving will occur as soon as possible after the completion of each level.