

# March 6th - 8th 2020

## Rock Solid Athletics 9th Annual Invit.

Athletes & Coaches will need to check in prior to entering the competition floor.

# 2020 ROCK Solid invitational

\*\*\*\* Friday doors open at 4:20 \*\*\*\*

### Session #1 Men's Levels 5D1 & 6D1 and Women's Level 4

Open Stretch	5:00 pm
National Anthem & Prayer	5:20
Warm-Up/Compete	5:30
Awards to Follow	(64 Men and 40 Women)

\*\*\*\* Saturday doors open at 7:20 \*\*\*\*

### Session #2 Men's Levels 4 & 5D2 & 6D2 and Women's Levels 2/3

Open Stretch	8:00 am
National Anthem & Prayer	8:20
Warm-Up/Compete	8:30
Awards to Follow	(61 Men and 44 Women)

### Session #3 Men's Levels 7-10 & JD and Women's Levels 9-10 & some \*8's

Open Stretch	12:00 noon	
National Anthem & Prayer	12:20	*8's Albuquerque, Rock Solid,
Warm-Up/Compete	12:30	Royals, US Gold, The Rock
Awards to Follow	(30 Men and 44 Women)	

### Session #4 Women's XCEL **Platinum** & Diamond and Levels 7 & some \*8's

Open Stretch	4:15 pm	*8's Endurance, Gym Elite, Infinity, New
National Anthem & Prayer	4:35	Heights, Ruidoso, Sandia Acrobatic,
Warm-Up/Compete	4:45	American Dream
Awards to Follow	(81 gymnasts)	

**TIME CHANGE \* Sunday doors open at 7:20 \* TIME CHANGE**

### Session #5 Women's XCEL Silver JRs\* and Level 6

Open Stretch	8:00 am	
National Anthem & Prayer	8:20	XCEL Silver Jr's
Warm-Up/Compete	8:30	06/15/2012 -
Awards to Follow	(77 gymnasts)	09/13/2008

### Session #6 Women's XCEL **Gold** & Silver SRs\*

Open Stretch	12:30 pm	
National Anthem & Prayer	12:50	XCEL Silver Sr's
Warm-Up/Compete	1:00	09/09/2008 -
Awards to Follow	(73 gymnasts)	03/21/2006

### Session #7 Women's XCEL Bronze and Level 5

Open Stretch	5:00 pm
National Anthem & Prayer	5:20
Warm-Up/Compete	5:30
Awards to Follow	(57 gymnasts)

**admission cash only**

**Adults \$15**

**Kids 4-12 & seniors \$5**

be  
beyond  
the  
scores

**FREE** 

  
COLLEGIATE GYMNASTICS  
GROWTH INITIATIVE



See website for hotel info.

*You make the dawn and the sunset  
shout for joy. Psalm 65:8*

**Rock Solid Athletics 6205 43rd #300 Lubbock, TX 79407**  
**806-795-ROCK** **[www.rsa-gym.com](http://www.rsa-gym.com)**