

20100721 (Wednesday)

Session A 1100h

- #1 O drill/Q drill
- #2 J-J-M hop (1)
- #3 A O Q M J (1)
- #4 P Q 9 7 (1)
- #5 A O Q M J (2)
- #6 P Q 9 7 (2)

Session B 1200h

- #1 EJ-J-M hop (2)
- #2 D 7 H L
- #3 C E 15 (1)
- #4 C E 15 (2)
- #5 E 4 2 (1)
- #6 E 4 2 (2)

Session C 1300h

- #1 B N G K O (1)
- #2 B N G K O (2)
- #3 B 14 J F (1)
- #4 B 14 J F (2)
- #5 J 6 B N (1)
- #6 J 6 B N (2)

Session D 1430 h

- #1 6 D 19
- #2 M 11 A
- #3 20 G L O (1)
- #4 20 G L O (2)
- #5 14 7 2
- #6 14 7 2

Session E 1600h

- #1 Donut-sideslide-Donut
- #2 Q O H D C (1)
- #3 E 15 G P (1)
- #4 B N M J E
- #5 Q O H D C (2)
- #6 E 15 G P (2)

sSESSION f 1730h

- #1 E 21 F (1)
- #2 K 3 J
- #3 Q B F J O (1)
- #4 14 7 M
- #5 E 21 F (2)
- #6 Q B F J O (2)