

# **2003 NC - USAG LEVEL 5-6 STATE MEET**

## **COMPETITION SCHEDULE**

Salem Gymnastics Sports Center, Winston-Salem, NC; www.salemgym.com

**SATURDAY, DECEMBER 13, 2003**

12/2/03 2:09 PM

### **SESSION ONE**

**Level 5 - Ages 7, 11, and 12**

**8:00 -8:30 General Stretch  
8:30 -8:45 1st Event Warm Up Flight A  
8:45 -8:55 March In both Flights  
8:55 -11:35 Competition**

**CAPITOL CUP FORMAT  
66 GYMNASTS**

### **SESSION TWO**

**Level 5 - Ages 8 and 9**

**11:35-12:05 General Stretch  
12:05-12:20 1st Event Warm Up Flight A  
12:20-12:30 March In both Flights  
12:30-3:10 Competition**

**CAPITOL CUP FORMAT  
70 GYMNASTS**

### **SESSION THREE**

**Level 5 - Ages 10 and 13 & older**

**3:30 -4:00 General Stretch  
4:00 -4:15 1st Event Warm Up Flight A  
4:15 -4:25 March In both Flights  
4:25 -7:05 Competition**

**CAPITOL CUP FORMAT  
72 GYMNASTS**

**SUNDAY, DECEMBER 14, 2003**

### **SESSION FOUR**

**Level 6 - Ages 8, 9, 10, and 13 & older**

**8:00 -8:30 General Stretch  
8:30 -8:45 1st Event Warm Up Flight A  
8:45 -8:55 March In both Flights  
8:55 -11:35 Competition**

**CAPITOL CUP FORMAT  
63 GYMNASTS**

### **SESSION FIVE**

**Level 6 - Ages 11 and 12**

**11:35-12:05 General Stretch  
12:05-12:20 1st Event Warm Up Flight A  
12:20-12:30 March In both Flights  
12:30-3:10 Competition**

**CAPITOL CUP FORMAT  
60 GYMNASTS**

### **SESSION SIX**

**LEVEL 5 STATE TEAM CHAMPIONSHIP**

**3:10 -3:40 General Stretch  
3:40 -3:50 1st Event Warm Up Flight A  
3:50 -4:00 March In All Flights  
4:00 -5:50 Competition**

**CAPITOL CUP FORMAT WITH BYE  
(WARMUP - COMPETE - BYE)  
12 TEAMS**

### **SESSION SEVEN**

**LEVEL 6 STATE TEAM CHAMPIONSHIP**

**5:50 -6:20 General Stretch  
6:20 -6:30 1st Event Warm Up Flight A  
6:30 -6:40 March In both Flights  
6:40 -7:55 Competition**

**CAPITOL CUP FORMAT  
8 TEAMS**