

2004 NC - USAG LEVEL 5-6 STATE MEET

COMPETITION SCHEDULE

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

SATURDAY, DECEMBER 11, 2004

11/29/04 11:58 AM

SESSION ONE

Level 5 - Age 10

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

68 GYMNASTS

SESSION TWO

Level 5 - Ages 7-9

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

72 GYMNASTS

SESSION THREE

Level 5 - Ages 11 & 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

75 GYMNASTS

******* LEVEL 5 TEAM QUALIFIERS WILL BE ANNOUNCED AT THE CONCLUSION OF THIS SESSION *******
PARTICIPATING TEAMS MUST BE PRESENT WITH CHECK IN HAND TO QUALIFY

SUNDAY, DECEMBER 12, 2004

SESSION FOUR

Level 6 - Ages 8, 9, and 12 & older

8:00 -8:30 General Stretch

8:30 -8:40 1st Event Warm Up Flight A

8:40 -8:50 March In both Flights

8:50 -10:40 Competition

CAPITOL CUP FORMAT

51 GYMNASTS

SESSION FIVE

Level 6 - Ages 10 & 11

11:00-11:30 General Stretch

11:30-11:40 1st Event Warm Up Flight A

11:40-11:50 March In both Flights

11:50-1:50 Competition

CAPITOL CUP FORMAT

45 GYMNASTS

******* LEVEL 6 TEAM QUALIFIERS WILL BE ANNOUNCED AT THE CONCLUSION OF THIS SESSION *******
PARTICIPATING TEAMS MUST BE PRESENT WITH CHECK IN HAND TO QUALIFY

SESSION SIX

LEVEL 5 STATE TEAM CHAMPIONSHIP

2:00-2:30 General Stretch

2:30-2:40 1st Event Warm Up Flight A

2:40-2:50 March In All Flights

2:50-4:40 Competition

CAPITOL CUP FORMAT WITH BYE

(WARMUP - COMPETE - BYE)

12 TEAMS

SESSION SEVEN

LEVEL 6 STATE TEAM CHAMPIONSHIP

4:40-5:10 General Stretch

5:10-5:20 1st Event Warm Up Flight A

5:20-5:30 March In both Flights

5:30-6:45 Competition

CAPITOL CUP FORMAT

8 TEAMS