

# **2004 SALEM INVITATIONAL**

## **COMPETITION SCHEDULE**

Salem Gymnastics Sports Center, Winston-Salem, NC; [www.salemgym.com](http://www.salemgym.com)

**SATURDAY, FEBRUARY 7, 2004**

1/29/04 1:08 PM

### **SESSION ONE**

**Level 7 - ALL AGES**

**1:00-1:30 General Stretch  
1:30-2:30 Timed Warmup  
2:30-2:40 March In  
2:40-4:15 Competition**

**TRADITIONAL FORMAT**

**35 GYMNASTS**

### **SESSION TWO**

**Level 8, 9, 10 - ALL AGES**

**4:30-5:00 General Stretch  
5:00-6:10 Timed Warmup  
6:10-6:20 March In  
6:20-7:55 Competition**

**TRADITIONAL FORMAT**

**33 GYMNASTS**

**SUNDAY, FEBRUARY 8, 2004**

### **SESSION THREE**

**Level 4, 5, NR, RR, PI - ALL AGES**

**9:30-10:00 General Stretch  
10:00-11:20 Timed Warmup  
11:20-11:30 March In  
11:30-2:00 Competition**

**TRADITIONAL FORMAT W/ BYE**

**63 GYMNASTS**