

2005 SALEM INVITATIONAL

COMPETITION SCHEDULE

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

SATURDAY, FEBRUARY 12, 2005

1/29/05 12:33 PM

SESSION ONE

Level 7 - ALL AGES

12:00-12:30 General Stretch

12:30-12:40 March In

12:40-3:40 Warmup/Competition

MODIFIED CAPITOL CUP FORMAT

42 GYMNASTS

SESSION TWO

Level 8, 9, 10 - ALL AGES

4:00-4:30 General Stretch

4:30-4:40 March In

4:40-7:40 Warmup/Competition

MODIFIED CAPITOL CUP FORMAT

45 GYMNASTS

SUNDAY, FEBRUARY 13, 2005

SESSION THREE

Level 4, 5, 6, P1 - ALL AGES

9:30-10:00 General Stretch

10:00-10:10 March In

10:10-12:10 Warmup/Competition

MODIFIED CAPITOL CUP FORMAT

38 GYMNASTS

SESSION FOUR

Rookie, Novice Rec - ALL AGES

12:30-1:00 General Stretch

1:00-1:10 March In

1:10-3:10 Warmup/Competition

MODIFIED CAPITOL CUP FORMAT

46 GYMNASTS