



Sonshine Invitational

October 10-11, 2009

Saturday 10/10/09

Session 1— Level 3 all ages, Level 4 ages 10-13

Carolina Gymnastics Academy, New Bern, Salem, Sonshine, Step Ahead

Open Stretch	2:00—2:30 pm
Warm-up first event	2:30—2:40 pm
March in	2:40—2:50 pm
Competition	2:50—4:10 pm
Awards to follow	

Session 2—Level 4 ages 6-9

Carolina Gymnastics Academy, Cedar Point, Port City, New Bern, Salem, Sonshine, Step Ahead, Wake

Open Stretch	4:45—5:15 pm
Warm-up first event	5:15—5:30 pm
March in	5:30—5:40 pm
Competition	5:40—7:40 pm
Awards to follow	

Sunday 10/11/09

Session 3—Level 5 ages 7-12

Carolina Gymnastics Academy, Cedar Point, Port City, Salem, Sonshine, Wake

Open Stretch	9:00—9:30 am
Warm-up first event	9:30—9:50 am
March in	9:50—10:00 am
Competition	10:00—11:40 am
Awards to follow	

Session 4—Level 5 ages 13-14, Level 6 all ages

Carolina Gymnastics Academy, Salem, Sonshine, Step Ahead, Cedar Point

Open Stretch	12:15—12:45 pm
Warm-up first event	12:45—1:05 pm
March in	1:05—1:15 pm
Competition	1:15—2:50 pm
Awards to follow	

*** Athletes are grouped according to their age by day of competition.**



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Directions to Sonshine Gymnastics:

From either 40 E or 40 W
Take US 1 S/US 64 W, toward Sanford
Take the NC 55 exit, Exit 95
Turn left towards Fuquay Varina and Holly Springs
Continue approximately 4.3 miles on NC 55 BYP E
Turn Right on New Hill Rd.
Take immediate Left onto Irving Parkway
Turn right on Thomas Mill Rd.
Gym is approximately .2 miles on left.
151 Thomas Mill Rd. Holly Springs, NC 27540
(919)557-9990