

TWIN CITY CLASSIC



**WINSTON SALEM
NC
12/18/2010 - 12/19/2010**



Hosted By:

Salem Gymnastics Center

Coaches, if you have a vaulting board you use that is not a AAI Stratum please let me know and I will let you know if you can bring it for your session.

Saturday, December 18, 2010

Session: 1

Capital Cup

Level: 7 ALL AGES
Level: 9 ALL AGES

General Stretch: 12:45 PM
1st Event Time Warm Up: 1:15 PM
March In: 1:30 PM
Competition: 1:40 PM
Awards: 4:55 PM

Session: 2

Capital Cup

Level: 10 ALL AGES
Level: 8 ALL AGES

General Stretch: 5:00 PM
1st Event Time Warm Up: 5:30 PM
March In: 5:45 PM
Competition: 5:55 PM
Awards: 9:10 PM

Session: 4

Modified Traditional

Level: PB ALL AGES

General Stretch: 12:00 PM
1st Event Time Warm Up: 12:30 PM
March In: 12:40 PM
Competition: 12:50 PM
Awards: 2:20 PM

Sunday, December 19, 2010

Session: 3

Modified Traditional

Level: PG ALL AGES
Level: PP ALL AGES
Level: PS ALL AGES

General Stretch: 9:00 AM
1st Event Time Warm Up: 9:30 AM
March In: 9:40 AM
Competition: 9:50 AM
Awards: 11:50 AM