

North Carolina  
Level 5 & 6  
State Championship



Salem Gymnastics Sports Center

**2010 NORTH  
CAROLINA 5 & 6  
STATE  
CHAMPIONSHIPS  
WINSTON SALEM  
NC  
12/3/2010 - 12/5/2010**

North Carolina  
Level 5 & 6  
State Championship



Salem Gymnastics Sports Center

Hosted By:

Salem Gymnastics Center

**Saturday, December 04, 2010**

**Session: 1 Capital Cup**

**Competing Levels**

Level 5 4/10/1995 - 12/2/1999  
**General Stretch:** 8:00 AM  
**1st Event WarmUp:** 8:30 AM  
**March In:** 8:41 AM  
**Competition:** 8:51 AM  
**Awards:** 12:30 PM

**Sunday, December 05, 2010**

**Session: 4 Capital Cup**

**Competing Levels**

Level 6 2/28/1995 - 4/23/1999  
**General Stretch:** 8:30 AM  
**1st Event WarmUp:** 9:00 AM  
**March In:** 9:10 AM  
**Competition:** 9:20 AM  
**Awards:** 12:00 PM

**Saturday, December 04, 2010**

**Session: 2 Capital Cup**

**Competing Levels**

Level 5 12/3/1999 - 12/26/2000  
**General Stretch:** 12:35 PM  
**1st Event WarmUp:** 1:05 PM  
**March In:** 1:15 PM  
**Competition:** 1:25 PM  
**Awards:** 4:50 PM

**Sunday, December 05, 2010**

**Session: 5 Capital Cup**

**Competing Levels**

Level 6 4/24/1999 - 12/7/2001  
**General Stretch:** 12:15 PM  
**1st Event WarmUp:** 12:45 PM  
**March In:** 12:55 PM  
**Competition:** 1:05 PM  
**Awards:** 3:35 PM

**Saturday, December 04, 2010**

**Session: 3 Capital Cup**

**Competing Levels**

Level 5 12/27/2000 - 6/19/2003  
**General Stretch:** 5:00 PM  
**1st Event WarmUp:** 5:30 PM  
**March In:** 5:40 PM  
**Competition:** 5:50 PM  
**Awards:** 9:15 PM

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