



USAG North Carolina State Championships



Levels 7, 8, 9, 10

Hosted by Rose's Gymnastics at the Greenville Convention Center
March 25 -27, 2011

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| <p>Friday March 25 <i>Session 1:</i> Capital Cup <u>All Level 8's born before 8/31/1997</u></p> <p>Open Stretch: 12:30 PM Warm up: 1:00 PM March In: 1:20 PM Competition: 1:30 PM Awards to follow</p> | <p>Saturday March 26 <i>Session 4:</i> Capital Cup <u>All Level 7's born 2/06/1998 – 5/19/1999</u></p> <p>Open Stretch: 12:15 PM Warm up: 12:35 PM March In: 12:55 PM Competition: 1:05 PM Awards to follow</p> |
| <p>Friday March 25 <i>Session 2:</i> Capital Cup <u>All Level 8's born after 9/1/1997</u></p> <p>Open Stretch: 5:00 PM Warm up: 5:30 PM March In: 5:50 PM Competition: 6:00 PM Awards to follow</p> | <p>Saturday March 26 <i>Session 5:</i> Capital Cup <u>All Level 7's born after 5/20/1999</u></p> <p>Open Stretch: 4:30 PM Warm up: 4:50 PM March In: 5:10 PM Competition: 5:20 PM Awards to follow</p> |
| <p>Saturday March 26 <i>Session 3:</i> Capital Cup <u>All Level 7's born before 2/05/1998</u></p> <p>Open Stretch: 8:00 AM Warm up: 8:20 AM March In: 8:40 AM Competition: 8:50 AM Awards to follow</p> | <p>Sunday March 27 <i>Session 6:</i> Capital Cup <u>All Level 9's</u></p> <p>Open Stretch: 8:00 AM Warm up: 8:30 AM March In: 8:50 AM Competition: 9:00 AM Awards to follow</p> |



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Sunday March 27

Session 7: Capital Cup

All Level 10's

Open Stretch: 1:30 PM

Warm up: 2:00 PM

March In: 2:20 PM

Competition: 2:30 PM

Awards to follow