

# NC 7 - 10 STATE MEETS



## WINSTON SALEM NC 3/23/2012 - 3/25/2012

Hosted By:

Salem Gymnastics

To order program ads look on the results tab of MeetMaker.com for this meet. Team awards will follow the last session for that level.

### Friday, March 23, 2012

#### Session: 1 Capital Cup

Level:  
Level 8            9/14/1994    10/2/1998

General Stretch:	11:00 AM
1st Event Time Warm Up:	11:20 AM
March In:	11:40 AM
Competition:	11:50 AM
Awards:	3:05 PM

#### Session: 2 Capital Cup

Level:  
Level 8            10/4/1998    9/1/2001

General Stretch:	3:25 PM
1st Event Time Warm Up:	3:45 PM
March In:	4:05 PM
Competition:	4:15 PM
Awards:	7:30 PM

### Saturday, March 24, 2012

#### Session: 3 Capital Cup

Level:  
Level 7            11/20/1994    1/25/1999

General Stretch:	8:00 AM
1st Event Time Warm Up:	8:20 AM
March In:	8:35 AM
Competition:	8:45 AM
Awards:	12:05 PM

#### Session: 4 Capital Cup

Level:  
Level 7            1/31/1999    10/25/2000

General Stretch:	12:20 PM
1st Event Time Warm Up:	12:40 PM
March In:	12:55 PM
Competition:	1:05 PM
Awards:	4:25 PM

#### Session: 5 Capital Cup

Level:  
Level 7            11/8/2000    1/2/2004

General Stretch:	4:40 PM
1st Event Time Warm Up:	5:00 PM
March In:	5:15 PM
Competition:	5:25 PM
Awards:	8:45 PM

### Sunday, March 25, 2012

#### Session: 6 Capital Cup

Level:  
Level 9            4/30/1990    8/24/2000

General Stretch:	8:00 AM
1st Event Time Warm Up:	8:20 AM
March In:	8:40 AM
Competition:	8:50 AM
Awards:	1:10 PM

#### Session: 7 Capital Cup

Level:  
Level 10           12/14/1993    10/3/1998

General Stretch:	1:25 PM
1st Event Time Warm Up:	1:45 PM
March In:	2:05 PM
Competition:	2:15 PM
Awards:	6:25 PM