



2013 North Carolina Levels 4 and 5 State Championships

at Rose's Gymnastics Training Center
Greenville, NC

Saturday December 7:

Session 1: Level 4 with a Birthday of 1/29/2004 and after (72 gymnasts)

Open Warm-up 8:00AM – 8:20AM
Flight A Timed Warm-up 8:20AM – 8:30AM
March-in 8:30AM – 8:40AM
Competition 8:40AM

Awards to follow

Session 2: Level 4 with a Birthday between 12/2/2002 – 1/28/2004 (71 gymnasts)

Open Warm-up 12:15PM – 12:35PM
Flight A Timed Warm-up 12:35PM – 12:45PM
March-in 12:45PM – 12:55PM
Competition 12:55PM

Awards to follow

Session 3: Level 4 with a Birthday of 11/14/2002 or before (73 gymnasts)

Open Warm-up 4:30PM – 4:50PM
Flight A Timed Warm-up 4:50PM – 5:00PM
March-in 5:00PM – 5:10PM
Competition 5:10PM

Awards to follow

Sunday December 8:

Session 4: Level 5 All Ages (78 gymnasts)

Open Warm-up 9:00AM – 9:20AM
Flight A Timed Warm-up 9:20AM – 9:30AM
March-in 9:30AM – 9:40AM
Competition 9:40AM

Awards to follow