

# 2015 MARCH MADNESS



## WINSTON SALEM NC 3/13/2015 - 3/15/2015



Hosted By:

Salem Gymnastics

### Friday, March 13, 2015

#### Session: 1 Mod Capital Cup

**Level:**  
**X-Cel Bronz ALL AGES**

General Stretch: 5:30 PM  
1st Event Time Warm Up: 5:50 PM  
March In: 6:00 PM  
Competition: 6:10 PM  
Awards: 8:00 PM

#### Session: 4 Mod Capital Cup

**Level:**  
**X-Cel Silver 1/27/2000 4/1/2005**

General Stretch: 3:10 PM  
1st Event Time Warm Up: 3:30 PM  
March In: 3:45 PM  
Competition: 3:55 PM  
Awards: 5:50 PM

### Saturday, March 14, 2015

#### Session: 2 Modified Traditional

**Level:**

Level 2 ALL AGES  
Level 3 ALL AGES  
Level 4 ALL AGES  
Level 5 ALL AGES

General Stretch: 8:30 AM  
1st Event Time Warm Up: 8:50 AM  
March In: 9:10 AM  
Competition: 9:20 AM  
Awards: 11:40 AM

#### Session: 5 Mod Capital Cup

**Level:**  
**X-Cel Silver 4/11/2005 9/26/2008**

General Stretch: 6:10 PM  
1st Event Time Warm Up: 6:30 PM  
March In: 6:45 PM  
Competition: 6:55 PM  
Awards: 8:45 PM

#### Session: 3 Mod Capital Cup

**Level:**  
**X-Cel Gold ALL AGES**

General Stretch: 12:00 PM  
1st Event Time Warm Up: 12:20 PM  
March In: 12:35 PM  
Competition: 12:45 PM  
Awards: 2:50 PM

### Sunday, March 15, 2015

#### Session: 6 Mod Capital Cup

**Level:**  
**Level 6 ALL AGES**  
**Level 7 ALL AGES**

General Stretch: 9:00 AM  
1st Event Time Warm Up: 9:20 AM  
March In: 9:50 AM  
Competition: 10:00 AM  
Awards: 1:45 PM

# 2015 MARCH MADNESS



**WINSTON SALEM  
NC  
3/13/2015 - 3/15/2015**



Hosted By:

Salem Gymnastics

## **Session: 7**

Modified Traditional

### **Level:**

**Level 10      ALL AGES**  
**Level 8        ALL AGES**  
**Level 9        ALL AGES**  
**X-Cel Platin   ALL AGES**

**General Stretch:      12:00 PM**  
**1st Event Time Warm Up:    12:20 PM**  
**March In:                12:40 PM**  
**Competition:            12:50 PM**  
**Awards:                 3:40 PM**