



**2015 NC SILVER, GOLD,
DIAMOND,
PLATINUM STATE
MEET
WINSTON SALEM
NC
4/9/2015 - 4/12/2015**



Hosted By:

Salem Gymnastics

Due to the size of the meet and sessions, do not come early to your session. Sessions will not start before the posted times.

Thursday, April 9, 2015

Session: 1

Mod Capital Cup

Level: XD ALL AGES

Level: XP ALL AGES

General Stretch: 6:00 PM

1st Event Time Warm Up: 6:20 PM

March In: 6:35 PM

Competition: 6:45 PM

Awards: 9:10 PM

Friday, April 10, 2015

Session: 2

Mod Capital Cup

Level: XG 10/29/2001 4/7/2002

Level: XG 5/4/2001 10/30/2001

Level: XG 9/23/2002 1/5/2003

General Stretch: 8:00 AM

1st Event Time Warm Up: 8:20 AM

March In: 8:30 AM

Competition: 8:40 AM

Awards: 10:50 AM

Session: 3

Mod Capital Cup

Level: XG 1/6/2003 4/9/2003

Level: XG 8/20/2000 5/3/2001

Level: XG 4/10/2003 6/24/2003

General Stretch: 11:10 AM

1st Event Time Warm Up: 11:30 AM

March In: 11:40 AM

Competition: 11:50 AM

Awards: 2:00 PM



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Session: 4

Mod Capital Cup

Level: XG	4/8/2002	9/22/2002
Level: XG	3/25/1997	8/19/2000
Level: XG	11/5/2005	3/29/2007

General Stretch:	2:30 PM
1st Event Time Warm Up:	2:50 PM
March In:	3:00 PM
Competition:	3:10 PM
Awards:	5:20 PM

Session: 5

Mod Capital Cup

Level: XG	6/25/2003	10/7/2003
Level: XG	1/16/2004	5/4/2004
Level: XG	10/8/2003	1/15/2004

General Stretch:	5:45 PM
1st Event Time Warm Up:	6:05 PM
March In:	6:15 PM
Competition:	6:25 PM
Awards:	8:35 PM

Saturday, April 11, 2015

Session: 6

Mod Capital Cup

Level: XG	4/24/2005	11/4/2005
Level: XG	5/5/2004	9/27/2004
Level: XG	9/28/2004	4/23/2005

General Stretch:	8:00 AM
1st Event Time Warm Up:	8:20 AM
March In:	8:30 AM
Competition:	8:40 AM
Awards:	10:50 AM



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Session: 7

Mod Capital Cup

Level: XS	5/11/2005	7/10/2005
Level: XS	5/13/2004	9/10/2004
Level: XS	7/11/2005	9/22/2005

General Stretch:	11:10 AM
1st Event Time Warm Up:	11:30 AM
March In:	11:40 AM
Competition:	11:50 AM
Awards:	2:00 PM

Session: 8

Mod Capital Cup

Level: XS	12/1/2005	2/24/2006
Level: XS	9/11/2004	11/6/2004
Level: XS	8/25/2003	11/11/2003
Level: XS	7/11/2003	8/24/2003

General Stretch:	2:20 PM
1st Event Time Warm Up:	2:40 PM
March In:	2:51 PM
Competition:	3:01 PM
Awards:	5:10 PM

Session: 9

Mod Capital Cup

Level: XS	4/24/2007	10/14/2007
Level: XS	5/7/2003	7/10/2003
Level: XS	2/7/2003	5/6/2003
Level: XS	5/30/2001	4/24/2002

General Stretch:	5:35 PM
1st Event Time Warm Up:	5:55 PM
March In:	6:05 PM
Competition:	6:15 PM
Awards:	8:25 PM

Sunday, April 12, 2015



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Session: 10

Mod Capital Cup

Level: XS	2/1/2005	3/18/2005
Level: XS	11/7/2004	1/31/2005
Level: XS	1/15/2004	3/10/2004
Level: XS	12/13/2006	4/23/2007

General Stretch:	8:00 AM
1st Event Time Warm Up:	8:20 AM
March In:	8:30 AM
Competition:	8:40 AM
Awards:	10:50 AM

Session: 11

Mod Capital Cup

Level: XS	10/29/1999	5/29/2001
Level: XS	3/19/2005	5/10/2005
Level: XS	3/11/2004	5/12/2004
Level: XS	4/25/2002	10/23/2002

General Stretch:	11:15 AM
1st Event Time Warm Up:	11:35 AM
March In:	11:45 AM
Competition:	11:55 AM
Awards:	2:05 PM

Session: 12

Mod Capital Cup

Level: XS	7/10/2006	9/21/2006
Level: XS	11/12/2003	1/14/2004
Level: XS	10/24/2002	2/6/2003
Level: XS	2/25/2006	5/12/2006

General Stretch:	2:30 PM
1st Event Time Warm Up:	2:50 PM
March In:	3:00 PM
Competition:	3:10 PM
Awards:	5:20 PM



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Session: 13

Mod Capital Cup

Level: XS	10/15/2007	12/10/2008
Level: XS	5/13/2006	7/9/2006
Level: XS	9/23/2005	11/30/2005
Level: XS	9/22/2006	12/12/2006
General Stretch:	5:35 PM	
1st Event Time Warm Up:	5:55 PM	
March In:	6:05 PM	
Competition:	6:15 PM	
Awards:	8:25 PM	