

**THE RALEIGH SCHOOL OF GYMNASTICS**  
**2008 Capital City Invitational Schedule**  
**Saturday, November 8<sup>th</sup>**  
Subject to Change

**Gym Opens 7:45**

**Session I                      All Level 2,3,R1,R2                      56 Gymnasts**

**Open Stretch                      8:00-8:20**

**Timed Warm-Up                      8:20-9:20**

**March-In                      9:20-9:30**

**Meet                      9:30-11:15**

**Awards                      11:15-11:45**

**Session II                      All Level 4, Prep-Novice                      40 Gymnasts**

**Open Stretch                      11:30-12:00**

**Timed Warm-Up                      12:00-12:50**

**March-In                      12:50-1:00**

**Meet                      1:00-2:20**

**Awards                      2:20-2:45**

**Session III                      All Level 5&6                      51 Gymnasts**

**Open Stretch                      2:45-3:15**

**Timed Warm-Up                      3:15-4:15**

**March-In                      4:15-4:25**

**Meet                      4:25-6:15**

**Awards                      6:15-6:45**

**Session IV                      All Level 7,8,9,10,P-1                      24 Gymnasts**

**Open Stretch                      6:45-7:15**

**Timed Warm-Up                      7:15-8:00**

**March-In                      8:00-8:05**

**Meet                      8:05-9:20**

**Awards                      9:20-9:35**