

NC Men's Qualifier – January 10th and 11th, 2009

Competition Schedule

Saturday, January 10th, 2009

Session 1, Saturday, January 10th:

Levels 8, 9, & 10:

Flip Force Gymnastics (7), Langley Gymnastics (1), Apex Gymnastics (1), Blue Ridge Gymnastics (1), Impact Athletics (1), Foothills Gymnastics (8), Countryside Gymnastics (1), Charkleston Twisters (1), Charlotte Gymnastics (6), North Raleigh Gymnastics (6), High Point Gymnastics, Traditional Gymnastics Inc. (1), Cabarrus Country Gymnastics (4)

Open Stretch: 9:00 – 9:30 am

Timed Warm-up: 9:30 – 9:40 am

March in: 9:40 – 9:50 am

Warm-up/Competition: 9:50 – 1:00pm

Awards to follow

Session 2, Saturday, January 10th:

Levels 6 & 7:

Charlotte Gymnastics (3), Langley Gymnastics (4), Flip Force Gymnastics (11), Foothills Gymnastics (2), Rose's Gymnastics (8), Weyandt's Gymnastics (2), First in Flight Gymnastics (3), Thomas Gymnastics (6), Blue Ridge Gymnastics (1), Charkleston Twisters (2), Traditional Gymnastics (1), Countryside Gymnastics (2), Apex Gymnastics (1), Cabarrus County Gymnastics (5)

Open Stretch: 1:10 – 1:40 pm

Warm-ups: 1:40 – 2:45 pm

March in: 2:45 – 2:55 pm

Competition: 2:55 – 5:05 pm

Awards to follow

Session 3, Saturday, January 10th:

Level 5 & 5R:

Weyandt's Gymnastics (6), First in Flight Gymnastics (1), Langley Gymnastics (2), High Point Gymnastics (6), Charkleston Twisters (3), Foothills Gymnastics (5), Countryside Gymnastics (4), North Raleigh Gymnastics (6), Impact Athletics (2), Charlotte Gymnastics (4), Apex Gymnastics (4), WFG Tri County Gymnastics (1), Flip Force Gymnastics (4), Rose's Gymnastics (4), Cabarrus County Gymnastics (2)

Open Stretch: 5:10 – 5:40pm
Warm-up: 5:40 – 6:40pm
March in: 6:40 – 6:50 pm
Competition: 6:50 – 8:50pm
Awards to follow

Sunday, January 11th, 2009

Session 1, Sunday, January 11th:

Level 4:

High Point Gymnastics (9), Rose's Gymnastics (2), North Raleigh Gymnastics (8), Impact Athletics (3), Countryside Gymnastics (8), Harrison Family YMCA (1), Blue Ridge Gymnastics (2), Weyandt's Gymnastics (8), Hahn's Gymnastics (4), Gymnastics Unlimited (6), First in Flight Gymnastics (6), Foothills Gymnastics (6), Apex Gymnastics (1)

Open Stretch: 9:30 – 10:00 am
March in: 10:00 – 10:10 am
Warm-up/Competition: 10:10 – 1:40pm
Awards to follow