

2009 Novice Prep 1 State Championships
Rose's Gymnastics Training Center
1802 Old Fire Tower Rd, Greenville, NC 27858
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Saturday, April 4th, 2009

All sessions are Capital Cup

Session 1 – Novices ages 6 – 9 and 13

Open Stretch – 9:00-9:20

Flight A Timed Warm-ups – 9:20 – 9:30

March In – 9:30 – 9:40

Competition – 9:40-12:00

Awards To Follow

Session 2 – Novices ages 11 and 12

Open Stretch – 12:15-12:35

Flight A Timed Warm-ups – 12:35-12:45

March In – 12:45-12:55

Competition – 12:55-3:35

Awards To Follow

Session 3 – Novices ages 10 and 14&up

Open Stretch – 4:00-4:20

Flight A Timed Warm-ups – 4:20-4:30

March In – 4:30-4:40

Competition – 4:40-7:00

Awards To Follow

Novice Team Awards after this session

Sunday, April 5th, 2009

Session 4 – Prep 1 ages 12 and 13

Open Stretch – 8:00-8:30

Flight A Timed Warm-ups – 8:30-8:40

March In – 8:40-8:50

Competition – 8:40-11:40

Awards To Follow

Session 5 – Prep 1 ages 8 – 11 and 14 & up

Open Stretch – 11:45-12:15

Flight A Timed Warm-ups – 12:15-12:30

March In – 12:30-12:40

Competition – 12:40-4:00

Awards To Follow

Prep 1 Team Awards after this session