

**2018 North Carolina State Meet  
Levels 6, 7, 8, 9, 10**

**Greenville Convention Center  
Greenville, NC  
Hosted by Rose's Gymnastics**



**Thursday, March 15 - Format: Modified Capital Cup**

Session 1 - Level 6 - 69 Gymnasts - Ages: ChA, JrB, JrC, SrC

SRC (DOB 03/24/2004 - 11/04/2004)  
JRC (DOB 3/29/2006 - 06/20/2006)  
JRB (DOB 06/21/2006 - 10/10/2006)  
CHA (DOB 6/10/2008 - 5/11/2010)

5:30 - 5:50 PM      General Stretch  
5:50 - 6:05 PM      1<sup>st</sup> Timed Warm-up  
6:05 - 6:15 PM      March In  
9:00 PM              Awards

**Friday, March 16 - Format: Modified Capital Cup**

Session 2 - Level 6 - 69 Gymnasts - Ages: ChC, ChD, SrA, SrB

SRB (DOB 11/05/2004 - 05/18/2005)  
SRA (DOB 05/19/2005 - 09/25/2005)  
CHD (DOB 02/18/2007 - 06/22/2007)  
CHC (DOB 06/23/2007 - 01/30/2008)

8:00 - 8:20 AM      General Stretch  
8:20 - 8:35 AM      1<sup>st</sup> Timed warm-up  
8:35 - 8:45 AM      March In  
11:35 AM            Awards

Session 3 - Level 6 - 70 Gymnasts - Ages: ChB, JrA, JrD, SrD

SRD (DOB 11/02/1999 - 03/23/2004)  
JRD (DOB 09/26/2005 - 03/28/2006)  
JRA (DOB 10/11/2006 - 02/17/2007)  
CHB (DOB 01/31/2008 - 06/09/2008)

11:38 - 11:58 AM    General Stretch  
11:58 - 12:14 PM    1<sup>st</sup> Timed warm-up  
12:15 - 12:25 PM    March In  
3:15 PM              Awards (Individual & Level 6 Team)

Session 4 - Level 7 - 58 Gymnasts - Ages: ChA, JrA, SrC

SRC (DOB 11/02/1999 - 11/14/2003)  
JRA (DOB 03/18/2006 - 08/20/2006)  
CHA (DOB 01/30/2008 - 03/11/2009)

3:20 - 3:40 PM      General Stretch  
3:40 - 3:54 PM      1<sup>st</sup> Timed Warm-up  
3:55 - 4:05 PM      March In  
6:30 PM              Awards

Session 5 – Level 7 – 60 Gymnasts – Ages: JrB, JrC, SrB

SRB (DOB 11/15/2003 – 07/16/2004)

JRC (DOB 04/20/2005 – 10/21/2005)

JRB (DOB 10/22/2005 – 03/17/2006)

6:35 – 6:55 PM	General Stretch
6:55 – 7:09 PM	1 <sup>st</sup> timed warm-up
7:10 – 7:20 PM	March In
9:45 PM	Awards



**Saturday, March 17** - Format: Modified Capital Cup

Session 6 – Level 7 – 59 Gymnasts – Ages: ChB, ChC, SrA

SRA (DOB 07/17/2004 – 04/19/2005)

CHC (DOB 08/21/2006 – 02/05/2007)

CHB (DOB 02/06/2007 – 01/29/2008)

8:00 – 8:20 AM	General Stretch
8:20 – 8:34 AM	1 <sup>st</sup> Timed Warm-up
8:35 – 8:45 AM	March In
11:10 AM	Awards (Individual & Level 7 Team)

Session 7 – Level 8 – 55 Gymnasts - Ages: JrA, SrA, SrB

SRB (DOB 08/21/2002 – 09/27/2003)

SRA (DOB 09/28/2003 – 05/22/2004)

JRA (DOB 05/03/2005 – 08/20/2005)

11:10 – 11:30 AM	General Stretch
11:30 – 11:46 AM	1 <sup>st</sup> Timed warm-up
11:46 – 11:56	March In
2:35 PM	Awards

Session 8 – Level 8 – 55 Gymnasts - Ages: ChA, ChB, JrB

JRB (DOB 12/15/2004 – 05/02/2005)

CHB (DOB 01/18/2006 – 08/31/2006)

CHA (DOB 09/01/2006 – 01/29/2008)

2:45 – 3:05 PM	General Stretch
3:05 – 3:21 PM	1 <sup>st</sup> Timed warm-up
3:21 – 3:31 PM	March In
6:15 PM	Awards

Session 9 – Level 8 – 57 Gymnasts - Ages ChC, JrC, SrC

SRC (DOB 11/02/1999 – 08/20/2002)

JRC (DOB 05/23/2004 – 12/14/2004)

CHC (DOB 08/21/2005 – 01/17/2006)

6:20 – 6:40 PM	General Stretch
6:40 – 6:56 PM	1 <sup>st</sup> Timed Warm-up
7:00 – 7:10 PM	March In
9:45 PM	Awards (Individual & Level 8 Team)

**Sunday, March 18** - Format: Modified Capital Cup

Session 10 – Level 9 – 58 Gymnasts - Ages: JrA, JrB, JrC

JRC (DOB 11/02/1999 – 12/28/2002)

JRB (DOB 12/29/2002 – 05/17/2004)

JRA (DOB 05/18/2004 – 03/28/2005)

8:00 – 8:20 AM	General Stretch
8:20 – 8:38 AM	1 <sup>st</sup> Timed Warm-up
8:38 – 8:48 AM	March In
11:50 AM	Awards



Session 11 – 49 Gymnasts

Level 9 - Ages: ChA

Level 10 - Ages: ChA, ChB

Level 9 - CHA (DOB 3/29/2005 – 3/27/2006)

Level 10 - CHB (DOB 03/25/2003 – 10/21/2003)

CHA (DOB 10/22/2003 – 08/30/2006)

12:00 – 12:20 PM	General Stretch
12:20 – 12:36 PM	1 <sup>st</sup> Timed Warm-up
12:36 – 12:46 PM	March In
3:30 PM	Awards (Individual & Level 9 Team)

Session 12 – Level 10 – 64 Gymnasts - Ages: JrA, JrB, SrA, SrB

SRB (DOB 11/02/1999 – 10/27/2000)

SRA (DOB 10/28/2000 – 06/18/2001)

JRB (DOB 06/19/2001 – 05/08/2002)

JRA (DOB 05/09/2002/ - 03/24/2003)

3:40 – 4:00 PM	General Stretch
4:00 4:20 PM	1 <sup>st</sup> Timed Warm-up
4:20 – 4:30 PM	March In
7:30 PM	Awards (Individual & Level 10 Team)