



7, 8, 9, 10 NORTH CAROLINA STATE CHAMPIONSHIPS



3/19/2010 - 3/21/2010

Host Gym

Port City Gymnastics

Friday, March 19, 2010

Session: 1 Capital Cup

Competing Levels

Level 8 7/23/1993 - 2/8/1997

General Stretch: 12:00 PM
1st Event WarmUp: 12:20 PM
March In: 12:35 PM
Competition: 12:45 PM
Awards: 4:00 PM

Saturday, March 20, 2010

Session: 4 Capital Cup

Competing Levels

Level 7 3/5/1997 - 5/9/1998

General Stretch: 12:20 PM
1st Event WarmUp: 12:40 PM
March In: 12:55 PM
Competition: 1:05 PM
Awards: 3:50 PM

Friday, March 19, 2010

Session: 2 Capital Cup

Competing Levels

Level 8 2/9/1997 - 1/1/2010

General Stretch: 4:20 PM
1st Event WarmUp: 4:40 PM
March In: 4:55 PM
Competition: 5:05 PM
Awards: 8:20 PM

Saturday, March 20, 2010

Session: 5 Capital Cup

Competing Levels

Level 7 5/10/1998 - 1/1/2010

General Stretch: 4:10 PM
1st Event WarmUp: 4:30 PM
March In: 4:40 PM
Competition: 4:50 PM
Awards: 7:40 PM

Saturday, March 20, 2010

Session: 3 Capital Cup

Competing Levels

Level 7 12/15/1991 - 3/4/1997

General Stretch: 8:30 AM
1st Event WarmUp: 8:50 AM
March In: 9:05 AM
Competition: 9:15 AM
Awards: 12:00 PM

Sunday, March 21, 2010

Session: 6 Capital Cup

Competing Levels

Level 9 6/9/1994 - 1/1/2010

General Stretch: 8:00 AM
1st Event WarmUp: 8:20 AM
March In: 8:35 AM
Competition: 8:45 AM
Awards: 12:00 PM



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3/19/2010 - 3/21/2010

Host Gym

Port City Gymnastics

Sunday, March 21, 2010

Session: 7 Capital Cup

Competing Levels

Level 10 9/16/1991 - 1/1/2010

Level 9 12/13/1991 - 6/10/1994

General Stretch: 12:20 PM

1st Event WarmUp: 12:40 PM

March In: 12:55 PM

Competition: 1:05 PM

Awards: 4:15 PM