



Salto Soleil Spectacular – October 3, 2010

Competition Schedule



All sessions will be Modified Capital Cup Format

Gymnasts competition ages are determined as of the date of the NC State Meet

Level 3 age cutoff date: Oct 3, 2010; Level 4 age cutoff date: Dec 10, 2010; Levels 5&6 age cutoff date: Dec 3, 2010

Sunday, October 3, 2010

Session 1: 40 gymnasts

- All **Level 3** gymnasts
- **Level 4** gymnasts, **8 & 9 yrs old** (as of Dec 10, 2010)

Open Stretch: 8:00 – 8:20 AM

Warm-up –Event 1: 8:20 – 8:30 AM

March in: 8:30 – 8:45 AM

Compete – Event 1: 8:45 – 9:05 AM

Events 2-4: 9:05 – 10:30 AM

Awards to follow

Session 2: 34 gymnasts

- **Level 4: 6&7 yrs old, and 10+ yrs old** (as of Dec 10, 2010)

Open Stretch: 10:30 – 10:45 AM

Timed Warm-up – Event 1: 10:45 – 10:55 AM

March in: 10:55 – 11:10 AM

Compete – Event 1: 11:10 - 11:30 AM

Events 2-4: 11:30 AM – 12:30 PM

Awards to follow

Session 3: 47 gymnasts

- **Level 5:** all Level 5 gymnasts

Open Stretch: 12:30 – 12:50 PM

Timed Warm-up - Event 1: 12:50 – 1:05 PM

March in: 1:05 – 1:20 PM

Compete – Event 1: 1:20 – 1:45 PM

Events 2-4: 1:45 – 3:45 PM

Awards to follow

Session 4: 27 gymnasts

- **Level 6:** all Level 6 gymnasts

Open Stretch: 3:45 – 4:05 PM

Timed Warm-up - Event 1: 4:05 – 4:15 PM

March in: 4:15 – 4:30 PM

Compete – Event 1: 4:30 – 4:45 PM

Events 2-4: 4:45 – 5:45 PM

Awards to follow

~ End of Competition ~