

2009 North Carolina Level 4 State Championships

Hosted by: Stanly County Gymnastics

December 12-13, 2009

Saturday December 12, 2009

Session 1 – 61 Competitors

12-14 yrs olds (14 gymnasts)

11 yr olds (30 gymnasts)

10 yrs A (12/17/98-5/14/99) (20 gymnasts)

Stretch – 8:00-8:20 AM

March In – 8:20-8:30 AM

Warm up 1st Flight – 8:30-8:40 AM

Competition – 8:40-11:15 AM

Session 2 – 63 Competitors

10 yrs C (9/10/99-12/8/99) (16 gymnasts)

10 yr B (5/18/99-9/9/99) (17 gymnasts)

9 yrs D (12/15/99 – 4/21/00) (30 gymnasts)

Stretch – 11:30-11:50 AM

March In – 11:50-12:00 PM

Warm Up 1st Flight – 12:00-12:10 PM

Competition – 12:10 – 2:45 PM

Session 3 – 61 Competitors

9 yrs C (5/1/00 – 7/20/00) (21 gymnasts)

9 yrs B (7/21/00 – 9/14/00) (19 gymnasts)

9 yrs A (9/15/00 – 12/12/00) (21 gymnasts)

Stretch – 3:00-3:20 PM

March In – 3:20-3:30 PM

Warm Up 1st Flight – 3:30-3:40 PM

Competition -3:40 – 6:15 PM

Sunday, December 13, 2009

Session 4 – 66 Competitors

8 yr D (2/17/01 – 5/18/01) (22 gymnasts)

8 yr C (5/19/01 – 8/31/01) (22 gymnasts)

8 yr B (9/1/01 – 12/10/01) (22 gymnasts)

Stretch – 8:00-8:20 AM

March In – 8:20-8:30 AM

Warm Up 1st Flight – 8:30-8:40

Competition – 8:40 – 11:15 AM

Session 5 – 69 Competitors

8 yr A (12/15/00 – 2/16/01) (17 gymnasts)

6-7 yrs A (6/1/02-6/19/03) (25 gymnasts)

6-7 yrs B (12/18/01-5/31/02) (27 gymnasts)

Stretch – 11:30-11:50 AM

March In – 11:50-12:00 PM

Warm Up 1st Flight – 12:00-12:10 PM

Competition – 12:10 – 2:45 PM

Awards to follow immediately after each session.