

# NRG Challenge Meet Schedule

January 15<sup>th</sup> – 16<sup>th</sup>, 2011

## Saturday January 15<sup>th</sup>

### **Session 1 (Level 5's, 6's, 7's, 8's, 9's) 42 Gymnasts**

(Apex, Bull City, Cedar Point, Faulkner's, Gymnastics Unlimited, North Raleigh, Randolph, Wake, White Lightning)

#### Modified Meet Format

8:30 – 9:00            Open Stretch  
9:00 – 9:10            March In  
9:10 – 12:10          Warm up / Competition

Awards to Follow

### **Session 2 (Silver's) 39 Gymnasts**

(Apex, Carolina, Faulkner's, Kidsport, LemPossible, North Raleigh, Wake)

#### Modified Meet Format

1:00 – 1:30            Open Stretch  
1:30 – 1:40            March In  
1:40 – 3:40            Warm Up & Competition

Awards to Follow

### **Session 3 (Gold, Platinum) 40 Gymnasts**

(Apex, Carolina, Faulkner's, Kidsport, LemPossible, North Raleigh)

#### Modified Meet Format

4:15 – 4:45            Open Stretch  
4:45 – 4:55            March In  
4:55 – 7:00            Warm Up & Competition

Awards to Follow

## Sunday January 16<sup>th</sup>

### **Session 4 (Bronze 1 Ages 5 to 8) 41 Gymnasts**

(Apex, Bull City, Faulkner's, Kidsport, LemPossible, North Raleigh, Wake)

#### Modified Meet Format

9:00 – 9:30            Open Stretch  
9:30 – 9:40            March In  
9:40 – 11:30          March In & Competition

Awards to Follow

### **Session 5 (Bronze 1 Ages 9 & Up, & All Bronze 2's) 41 Gymnasts**

(Apex, Carolina, Faulkner's, Kidsport, LemPossible, North Raleigh)

#### Modified Meet Format

12:00 – 12:30          Open Stretch  
12:30 – 12:40          March In  
12:40 – 2:30            March In & Competition

Awards to Follow

