

USAG North Carolina State Championships Prep Op Silver, Gold and Platinum

Hosted by
Tumblebees Gymnastic and TYAA
at Eastern Guilford High School

April 2 - 3, 2011

PLEASE NOTE THE REVISION TO SESSION 5 – Thru 3/1/2001

SATURDAY, APRIL 2nd

Session 1: Capital Cup

ALL GOLD BORN 7/1/1993 to 8/21/1999

Open Stretch	8:00
Warm-Up	8:20
March In	8:35
Competition	8:45

Awards to Follow

Session 2: Capital Cup

ALL GOLD BORN 8/22/1999 to 4/30/2003

Open Stretch	12:15
Warm-Up	12:35
March In	12:50
Competition	1:00

Awards to Follow

Session 3: Capital Cup

ALL PLATINUM

Open Stretch	4:10
Warm-Up	4:30
March In	4:50
Competition	5:00

Awards to Follow

SUNDAY, APRIL 3rd

Session 4: Capital Cup

ALL SILVER BORN 1/1/1995 to 9/30/1999

Open Stretch	8:00
Warm-Up	8:20
March In	8:35
Competition	8:45

Awards to Follow

Session 5: Capital Cup

ALL SILVER BORN 10/1/1999 TO 3/1/2001

Open Stretch	12:10
Warm-Up	12:30
March In	12:45
Competition	12:55

Awards to Follow

Session 6: Capital Cup

ALL SILVER 3/2/2001 to 5/5/2004

Open Stretch	4:20
Warm-Up	4:40
March In	4:55
Competition	5:05

Awards to Follow