



Saturday, October 22nd

Session 1: Level 2, Level 3 – Modified Traditional Format

Open Stretch	8:00-8:20
1 st Event timed warm up	8:20-8:30
March in	8:30-8:40
Competition	8:40-10:15

Session 2: Level 4 – Capital Cup Format

Open Stretch	10:30-10:50
Flight A 1 st Event timed warm up	10:50-11:00
March in	11:00-11:15
Competition	11:15-2:20

Session 3: Level 5 (7/28/2002-9/1/1997) – Capital Cup Format

Open Stretch	2:35-2:55
Flight A 1 st Event timed warm up	2:55-3:05
March in	3:05-3:20
Competition	3:20-6:10

Session 4: Level 5 (8/18/2002 and Younger) and Level 6 – Capital Cup Format

****Please report early. If able, we will start this session at 6:15.****

Open Stretch	6:30-6:50
Flight A 1 st Event timed warm up	6:50-7:00
March in	7:00-7:15
Competition	7:15-9:40

Directions to South Iredell High School
299 Old Mountain Rd.
Statesville, NC 28677

Traveling I-77 South: Take exit 45. Turn right at top of ramp. Drive .2 miles and turn left onto Murdock. Continue on Murdock Rd. to stop light. Continue straight, road name will change to Old Mountain Road. South Iredell High School will be on your left.

Traveling I-77 North: Take exit 45. Turn left at top of ramp. Drive .3 miles and turn left onto Murdock. Continue on Murdock Rd. to stop light. Continue straight, road name will change to Old Mountain Road. South Iredell High School will be on your left.

Traveling I-40 East: Take exit 144, Old Mountain Road. Turn right at top of ramp. Continue straight 6.5 miles. South Iredell High school will be on your right.

Traveling I-40 West: Take exit 144, Old Mountain Road. Turn left at top of ramp. Continue straight 6.6 miles. South Iredell High school will be on your right.