

# **2018 Optional Judges Critique Clinic**

**Hosted by: NC-NAWGJ**

**Event Location: Salem Gymnastics**

**4870 Country Club Road**

**Winston-Salem, NC 27104**

**336-765-4668**

## **Saturday, December 15**

### **Session 1**

**Xcel Bronze (35)**

Open Stretch Begins- 1:00

Warmups and Competition- 1:20-3:00

### **Session 2**

**Xcel Silver (50)**

**Asheville, Carolina Gymnastics, Countryside, Crystal Coast, OC, Salem, Unity**

Open Stretch Begins- 3:00

Warmups and Competition-3:20-5:30

### **Session 3**

**Xcel Silver (26) -Cabarrus, Carolina Stars, Triumph**

**Xcel Gold (24)-Salem, Carolina Gymnastics**

Open Stretch Begins-5:30

Warmups and Competition-5:50-8:30

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## **Sunday, December 16**

### **Session 4**

**Xcel Gold (44)**

**Asheville, Cabarrus, Carolina Stars, Crystal Coast, OC, Triumph**

**Open Stretch Begins-8:00**

**Warmups and Competition-8:20-10:30**

### **Session 5**

**Xcel Diamond and Xcel Platinum (40)**

**Open Stretch Begins-10:30**

**Warmups and Competition-10:50-1:30**

### **Session 6**

**Level 6 (48)**

**Open Stretch Begins-1:30**

**Warmups and Competition-1:50-4:30**

### **Session 7**

**Level 7, 8, 9, 10 (38)**

**Open Stretch Begins-4:30**

**Warmups and Competition-4:50-7:30**