



# NC LEVEL 5/6 STATE MEET

**WINSTON SALEM  
NC  
11/30/2012 - 12/2/2012**



Hosted By:

Slame Gymnastics

## Friday, November 30, 2012

### Session: 1

Capital Cup

#### Level:

<b>Level 5</b>	<b>1/19/1997</b>	<b>4/5/2001</b>
General Stretch:	4:00 PM	
1st Event Time Warm Up:	4:30 PM	
March In:	4:40 PM	
Competition:	4:50 PM	
Awards:	7:30 PM	

### Session: 4

Capital Cup

#### Level:

<b>Level 5</b>	<b>6/2/2003</b>	<b>3/26/2005</b>
General Stretch:	3:40 PM	
1st Event Time Warm Up:	4:10 PM	
March In:	4:20 PM	
Competition:	4:30 PM	
Awards:	7:10 PM	

## Saturday, December 01, 2012

### Session: 2

Capital Cup

#### Level:

<b>Level 5</b>	<b>4/18/2001</b>	<b>7/27/2002</b>
General Stretch:	8:00 AM	
1st Event Time Warm Up:	8:30 AM	
March In:	8:40 AM	
Competition:	8:50 AM	
Awards:	11:30 AM	

### Session: 5

Capital Cup

#### Level:

<b>Level 6</b>	<b>3/16/1996</b>	<b>5/4/2001</b>
General Stretch:	9:00 AM	
1st Event Time Warm Up:	9:30 AM	
March In:	9:40 AM	
Competition:	9:50 AM	
Awards:	12:40 PM	

### Session: 3

Capital Cup

#### Level:

<b>Level 5</b>	<b>7/28/2002</b>	<b>5/22/2003</b>
General Stretch:	11:50 AM	
1st Event Time Warm Up:	12:20 PM	
March In:	12:30 PM	
Competition:	12:40 PM	
Awards:	3:20 PM	

### Session: 6

Capital Cup

#### Level:

<b>Level 6</b>	<b>5/11/2001</b>	<b>2/20/2004</b>
General Stretch:	1:00 AM	
1st Event Time Warm Up:	1:30 AM	
March In:	1:40 AM	
Competition:	1:50 AM	
Awards:	4:40 AM	