



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:

Level 5 1/19/1997 4/5/2001

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:

Level 5 6/2/2003 3/26/2005

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:

Level 5 4/18/2001 7/27/2002

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: 3

Capital Cup

Level:

Level 5 7/28/2002 5/22/2003

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

Sunday, December 02, 2012

Session: 5

Capital Cup

Level:

Level 6 3/16/1996 5/4/2001

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: 6

Capital Cup

Level:

Level 6 5/11/2001 2/20/2004

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