

2013 Girl Power Invitational
Hosted at
Rose's Gymnastics Training Center
Greenville, NC

SATURDAY, JANUARY 26th

Session 1 - Xcel Silver (Capital Cup Format)

General Stretch 8:30 am
Flight A Warm-up: 8:50 am
March-In 9:00 am
Competition 9:10 am
Awards to follow

Session 2 - Xcel Gold and Xcel Platinum (Capital Cup Format)

General Stretch 12:30 pm
Flight A Warm-up: 12:50 pm
March-In 1:00 pm
Competition 1:10 pm
Awards to follow

Session 3 - Level 7, 8, 9, and 10 (Capital Cup Format)

General Stretch 4:30 pm
Flight A Warm-up: 5:00 pm
March-In 5:15 pm
Competition 5:25 pm
Awards to follow

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Sunday, JANUARY 27th

Session 4 - Xcel Bronze (Traditional Format)

Born 11/08/2004 and after

General Stretch 8:30 am

Timed Warm-up: 8:50 am

March-In 9:30 am

Competition 9:40 am

Awards to follow

Session 5 - Xcel Bronze (Traditional Format)

Born between 10/30/2004 and 9/20/2002

General Stretch 11:00 am

Flight A Warm-up: 11:20 am

March-In 12:20 pm

Competition 12:30 pm

Awards to follow

Session 6 - Xcel Bronze (Traditional Format)

Born on or before 9/18/2002

General Stretch 2:00 pm

Flight A Warm-up: 2:20 pm

March-In 3:00 pm

Competition 3:10 pm

Awards to follow