



Salem Gymnastics Sports Center

**TWIN CITY
CLASSIC**
**WINSTON SALEM
NC**
12/19/2009 - 12/20/2009



Salem Gymnastics Sports Center

Host Gym

Salem Gymnastics Center

Sunday, December 20, 2009

**Session: 1 Modified Traditional
Competeting Levels**

Novice

Prep 1

Prep Platinum

Rookie 1

Rookie 2

General Stretch: 9:00 AM
1st Event WarmUp: 9:20 AM
March In: 9:29 AM
Competition: 9:39 AM
Awards: 11:15 AM

Sunday, December 20, 2009

**Session: 2 Capital Cup
Competeting Levels**

Level 7

Level 8

General Stretch: 11:30 AM
1st Event WarmUp: 11:50 AM
March In: 12:05 PM
Competition: 12:15 PM
Awards: 3:05 PM

Sunday, December 20, 2009

**Session: 3 Capital Cup
Competeting Levels**

Level 10

Level 9

General Stretch: 3:15 PM
1st Event WarmUp: 3:35 PM
March In: 3:45 PM
Competition: 3:55 PM
Awards: 5:45 PM