

Saturday, February 13, 2010

Session 1 - Level 3, 5, 6 (46 gymnasts)

8:00-8:30am- General Stretch

8:30-8:45am- March In

8:45-9:00am- Timed Warm Up 1st Event

9:00-10:30am- Compete (Modified Capital Cup)

10:30-11:00am- Awards

(Ocean Flippers, Columbia, Miss Libby's, Lake Murray, Charleston Twisters, Tapio & Ultimate)

Session 2 - Level 7 (52 gymnasts)

10:45-11:15am- General Stretch

11:15-11:30am- March In

11:30-11:45am- Timed Warm Up 1st Event

11:45-2:00pm- Compete (Mod Cap Cup)

2:00-2:30pm- Awards

(North Raleigh, Gym Dandy's, Angier, Islands YMCA, Charleston Twisters, Summit Gym, Columbia, Ultimate, Lake Murray, Ocean Flippers, Miss Libby's)

Session 3 - Level 8 (30 gymnasts)

2:15-2:45pm- General Stretch

2:45-3:00pm- March In

3:00-5:15pm- Timed Warm Up & Compete (Mod Traditional)

5:15-5:45pm- Awards

(Ocean Flippers, Angier, Lake Murray, North Raleigh, Summit Gym, Ultimate, Gym Dandy's, Columbia)

Session 4 - Level 9, 10 & Prep Platinum (25 gymnasts)

5:30-6:00pm- General Stretch

6:00-6:15pm- March In

6:15-8:15pm- Timed Warm Up & Compete (Mod Traditional)

8:15-8:45pm- Awards

(Ocean Flippers, Columbia, Charleston Twisters, Summit Gym, Elite Gym, Ultimate)

Sunday, February 14, 2010

Session 5 - Prep Gold (44 gymnasts)

8:00-8:15am- General Stretch

8:15-8:30am- March In

8:30-8:45am- Timed Warm Up 1st event

8:45-10:15- Compete (Mod Cap Cup)

10:15-10:45am- Awards

(North Raleigh, Ocean Flippers, Elite Gym, LemPossible, Ultimate, Angier, Everest, Tapio)

Session 6 - Level 4 (56 gymnasts)

10:30-10:45am- General Stretch

10:45-11:00am- Timed Warm Up 1st event

11:00-11:15am- March In

11:15-1:15pm- Compete (Mod Cap Cup)

1:15-1:45pm- Awards

(Miss Libby's, Ultimate, Charleston Twisters, Lake Murray, Columbia)

Session 7 - Prep Bronze (53 gymnasts)

1:30-1:45pm- General Stretch

1:45-2:00pm- March In

2:00-2:15pm- Timed Warm Up 1st Event

2:15-4:00pm- Compete (Mod Cap Cup)

4:00-4:30pm- Awards

(Everest, Elite Gym, Goose Creek, LemPossible, North Raleigh, LakeMurray)

Session 8 - Prep Silver (49 gymnasts)

4:15-4:30pm- General Stretch

4:30-4:45pm- March In

4:45-5:00pm- Timed Warm Up 1st Event

5:00-6:45pm- Compete (Mod Cap Cup)

6:45-7:15pm- Awards

(Everest, Lake Murray, Ocean Flippers, North Raleigh, LemPossible, Elite Gym, Summit Gym, Angier)