

North Carolina Level 3-4 State Championships

Hosted by: Foothills Gymnastics

Hickory Metropolitan Convention Center

December 8-9, 2012

All Sessions will be Capital Cup Format

Saturday, December 8, 2012

Session 1 (80 gymnasts)

Level 4 – Birthday Range - 01/01/98 - 12/03/02

Open Stretch – 8:00-8:20 AM

Warm up 1st Event – 8:20-8:35 AM

March In – 8:35-8:45 AM

Competition – 8:45-12:00 PM

Session 2 (80 Gymnasts)

Level 4 – Birthday Range - 12/03/02 – 03/26/04

*Open Stretch – 12:30-12:50 PM

Warm up 1st Event – 12:50-1:05 PM

March In – 1:05-1:15 PM

Competition – 1:15-4:30 PM

Session 3 – (80 Gymnasts)

Level 4 – Birthday Range - 03/27/04 – Present

*Open Stretch – 5:00-5:20 PM

Warm up 1st Event – 5:20-5:35 PM

March In – 5:35-5:45 PM

Competition – 5:45-9:00 PM

Sunday, December 9, 2012

Session 4 (67 Gymnasts)

Level 3 – Birthday Range - 01/01/99 - 08/13/04

Open Stretch – 9:00-9:20 AM

Warm Up 1st Event – 9:20-9:30 AM

March In – 9:30-9:40 AM

Competition – 9:40-12:00 PM

Session 5 – (68 Gymnasts)

Level 3 – Birthday Range - 08/14/04 – Present

*Open Stretch – 12:15-12:35 PM

Warm up 1st Event – 12:35-12:45 PM

March In – 12:45-12:55 PM

Competition – 12:55-3:15 PM

*Please have gymnasts ready 15 minutes prior to Open Stretch time. If the competition is running ahead of schedule these sessions may begin early.