

**North Carolina 2009 Level 7, 8, 9 & 10 State Championships
March 27-29 2009**

**Salem Gymnastics Center
Winston Salem, North Carolina**

Friday March 27,2009

Session:1
Level:8
DOB:3/19/1996—1/1/2009

Stretch:12:00 NOON
Timed Warm Up:12:20 PM
March In:12:35 PM
Comp:12:40 PM
Awards:4:00 PM

Session:2
Level:8
DOB:8/26/1991—3/18/1996

Stretch:4:20 PM
Timed Warm Up:4:40 PM
March In:4:55 PM
Comp:5:05 PM
Awards:8:20 PM
Level 8 Team Awards

Saturday March 28,2009

Session:3
Level:7
DOB:8/28/1997—1/1/2009

Stretch:8:00 AM
Timed Warm Up:8:20 AM
March In:8:35 AM
Comp:8:45 AM
Awards:12:20 PM

Session:4
Level:7
DOB:1/29/1996—8/27/1997

Stretch:12:40:PM
Timed Warm Up:1:00 PM
March In:1:15 PM
Comp:1:25 PM
Awards:5:00 PM

Saturday March 28,2009

Session:5
Level:7
DOB:5/2/1991—1/28/1996

Stretch:5:20 PM*
Timed Warm Up:5:40 PM
March In:5:55 PM
Comp:6:05 PM
Awards:9:40 PM
Level 7 Team Awards

*Gymnasts in session 5 report 20 min early if prior session finishes early then all times will be moved up for this session

Sunday March 29,2009

Session:6
Level:9
DOB:ALL

Stretch:8:00 AM
Timed Warm Up:8:20 AM
March In:8:35 AM
Comp:8:45 AM
Awards:1:00 PM
Level 9 Team Awards

Session:7
Level:10
DOB:ALL

Stretch:1:30 PM
Timed Warm Up:1:50 PM
March In:2:00 PM
Comp:2:10 PM
Awards:5:20 PM
Level 10 Team Awards