



November 15-16, 2008

## FINAL SCHEDULE

Saturday, November 15, 2008

### Session 1

8:30am - 8:45am

8:45am - 12:30pm

Awards to Follow

### Optional Levels 8, 9, and 10

Open Stretch

Capital Cup Competition

### Session 2

1:00pm - 1:15 pm

1:15pm - 2:15 pm

2:15pm - 4:15 pm

Awards to Follow

### Compulsory Level 6 and 7's

Open Stretch

Timed Warm-Up

Competition

### Session 3

4:45pm - 5:00pm

5:00pm - 6:00pm

6:00pm - 8:00pm

Awards to Follow

### Compulsory Level 5's

Open Stretch

Timed Warm-Up

Competition

Sunday, November 16, 2008

### Session 4

9:00am - 9:30am

9:30am - 12:30pm

Awards to Follow

### Compulsory Level 4's

Open Stretch

Modified Capital Cup Competition



**November 15-16, 2008**

### Host Gym:

Flip Force Gymnastics  
 1128 Old Greensboro Road  
 Kernersville, NC 27284  
 Phone: 336-996-5158  
 Fax: 336-996-3201  
[www.flipforcegymnastics.com](http://www.flipforcegymnastics.com)

### Host Hotels:

<p><b>Sleep Inn</b>            1406 Heartland Drive            Kernersville, NC 27284  <b>CODE: Flip Force Sports</b>  <b>Rates: \$67.49 plus Tax</b>            (3360 993-6800)</p>	<p><b>Holiday Inn Express</b>            1570 Hwy. 66 South            Kernersville, NC 27284  <b>CODE: Flip Force</b>  <b>Rates: \$85.00 plus Tax</b>            (336) 564-3333</p>	<p><b>Embassy Suites Hotel</b>            204 Centerport Drive            Greensboro, NC 27403            (336) 668-4535</p>
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### Admission Fee:

Adults (13 & Up)            \$6.00 per day  
 Children (6 – 12)            \$3.00 per day  
 Children (under 5)            FREE

Cash or check accepted only