

3rd NC Men's Qualifier

hosted by: Cabarrus County Gymnastics

January 10-11, 2009

FINAL MEET SCHEDULE & INFORMATION

Host Gym: Cabarrus County Gymnastics
1029 Central Drive
Concord, NC 28027
(704) 784-3111
<http://www.ccgymnastics.com>

Hotel Information:
Available at www.meetmaker.com

Saturday, January 10th, 2009

SESSION 1: Level 8, 9, 10

Open Stretch: 9:00 – 9:30 am
Timed Warm-up: 9:30 – 9:40 am
Warm-up/Competition: 9:50 – 1:00pm
Awards to follow

SESSION 2: Level 6, 7

Open Stretch: 1:10 – 1:40 pm
Timed Warm-ups: 1:40 – 2:45 pm
Competition: 2:55 – 5:05 pm
Awards to follow

SESSION 3: Level 5, 5R

Open Stretch: 5:10 – 5:40pm
Timed Warm-up: 5:40 – 6:40pm
Competition: 6:50 – 8:50pm
Awards to follow

Sunday, January 11th, 2009

SESSION 4: Level 4

Open Stretch: 9:30 – 10:00 am
Warm-up/Competition: 10:10 – 1:40pm
Awards to follow