

Foothills Men's Invitational
Foothills Gymnastics 920 29th Ave NE, Hickory, NC 28601
828-328-3794 (www.foothillsgym.com)

FINAL SCHEDULE
Saturday, February 7, 2009

Session One: Levels 8, 9, 10 (36)

Modified Capitol Cup Format
9:00-9:30am Open Stretch
9:30-9:40am Warm-up
9:40-9:50am National Anthem/Intros
9:50-12:10pm Competition
12:10pm Handstand Contests/Awards

Session Two: Levels 6 and 7 (37)

Traditional Format
12:30-1:00pm Open Stretch
1:00-1:50pm Warm-ups
1:50-2:00pm National Anthem/Intros
2:00-3:05pm Competition
3:05pm Handstand Contests/Awards

Session Three: Level 5 (47)

Traditional Format
3:30-4:00pm Open Stretch
4:00-4:50pm Warm-ups
4:50-5:00pm National Anthem/Intros
5:00-6:15pm Competition
6:15pm Handstand Contests/Awards

Sunday, February 8, 2009

Session Four: Level 4 (52)

Modified Capitol Cup Format
9:00-9:30am Open Stretch
9:30-9:40am Warm-up
9:40-9:50am National Anthem/Intros
9:50-11:15pm Competition
11:15pm Handstand Contests/Awards

Host Hotel information can be found on the [Foothills Invite Website](#) at the bottom of the page.