

4th NC Men's Qualifier
hosted by: Traditional Gymnastics
January 24, 2009

FINAL MEET SCHEDULE & INFORMATION

Host Gym: Traditional Gymnastics Inc.
162 Lake Wackena Road
Goldsboro, N.C. 27534
(919) 751-2110
Website: www.traditionalgym.com

Host Hotel:

Hampton Inn
905 N. Spence Ave.
Goldsboro, N.C. 27534
919 -778-1800
(\$75.00 plus tax)

Jameson Inn
1408 S. Harding Dr
Goldsboro, N.C. 27534
919-778-9759
(\$77.99 plus tax)

Saturday, January 24th, 2009

SESSION 1: Level 7, 8, 9, 10

Open Stretch:	8:30 – 8:50 am
Timed Warm-up:	8:50 – 9:00 am
Warm-up/Competition:	9:10 – 11:30 am
Awards to follow	

SESSION 2: Level 5, 5R, 6

Open Stretch:	12:30 – 1:00 pm
Timed Warm-up:	1:00 – 1:10 pm
Warm-up/Competition:	1:20 – 4:30 pm
Awards to follow	

SESSION 3: Level 4

Open Stretch:	5:30 – 6:00 pm
Timed Warm-up:	6:00 – 6:10 pm
Warm-up/Competition:	6:20 – 8:40 pm
Awards to follow	

Directions:

From East:

Wilmington: Take I-40 E towards Goldsboro. Take exit #355(Faison). Continue to US 117 N to Goldsboro. Then get on US 70 E, continue until you cross over hwy 111 the gym is about two miles down on the right off of Hwy 70 E. Look for the Village Green shops, Village Steak House. The next turn to the right is Lake Wackena Road. After you turn right, the gym is a few yards on the right.

Kinston: Take US 70 W towards Goldsboro. Take a left on Lake Wackena Road. The gym will be a few yards down on the right.

From West: Charlotte, Greensboro, etc.

Take I-85 North towards Greensboro, Merge onto I-40E, take exit #309(New Clayton bypass) for Goldsboro/Smithfield. Take ramp for DR. Martin Luther King jr exp.US 70E towards Goldsboro/Kinston. Continue on Hwy 70 E. Once you cross over Hwy 111, the gym is about two miles down on the right off of Hwy 70 E. Look for the Village Green shops, Village Steak House. The next turn to the right is Lake Wackena Road. After you turn right, the gym is a few yards on the right.

You may use map quest. Just take note that the gym is right off of Hwy 70. Some directions take you around Hwy 111 through subdivisions.