

North Carolina Men's Gymnastics State Championship

March 7-8, 2009

Hosted by:
North Raleigh Gymnastics



Location: North Raleigh Gymnastics
5400 Atlantic Springs Road
Raleigh, NC 27616
(919) – 790-9400
www.tumblewithus.com

Meet Director: Benji Stern
benjistern@ncmensgymnastics.com

FINAL SCHEDULE

Saturday, March 7, 2009

SESSION I – Level 10, 9, 8 (Modified Capital Cup)

Open Stretch: 8:00 am – 8:20 am
March In: 8:20 am – 8:30 am
Competition: 8:30 am – 12:30 pm
Awards To Follow

SESSION II – Level 7, 6 (Modified Capital Cup)

Open Stretch: 1:30 pm – 1:50 pm
March In: 1:50 pm – 2:00 pm
Competition: 2:00 pm – 4:30 pm
Awards To Follow

SESSION III – Level 5 (Modified Capital Cup)

Open Stretch: 5:30 pm – 5:50 pm
March In: 5:50 pm – 6:00 pm
Competition: 6:00 pm – 8:30 pm
Awards To Follow

Sunday, March 8, 2009

SESSION IV – Level 4 (Modified Capital Cup)

Open Stretch: 9:00 am – 9:20 am
March In: 9:20 am – 9:30 am
Competition: 9:30 am – 1:00 pm
Awards To Follow

Regional Sign-Ups:

- Qualifying Scores have been set and are available on the NC Men's Gymnastics website (www.ncmensgymnastics.com)
- Following Session I, II, and III any gymnast who qualifies to the Region 8 Championship will need to sign-up. Gymnast must sign-up following their session at the state championship in order to attend.
 - The cost for the 2009 Region 8 Championship is \$100.00
 - **The entry fee can be paid ONLY by Cash or Check (payable to: NC Men's Gymnastics)**

National Sign-Ups:

- **National Qualifying Score have NOT been set at this time. Once they have been set they will be posted to the NC Men's Gymnastics website.**
- Again, this year all state chairmen have been asked to get all forms and payments for gymnast who might qualify to the JO Nationals while you are at the State Championships. This process allows us to make sure we have all forms and payments ahead of time. More information will be sent to coaches including forms and entry fee before the state championships for the Level 9 and 10 gymnasts who can qualify for the JO National Championship.

Host Hotels:

<p><u>Hampton Inn</u> 3621 Spring Forest Rd Raleigh, NC 27616 (919) 872-7111 (800) Hampton www.hamptoninn.com</p> <p><u>2009 Rate: \$89 (Double or King Style Room)</u> Ask for: NRG Rate</p> <p>Amenities:</p> <ul style="list-style-type: none">• Complimentary Deluxe Continental Breakfast• Free high-speed access• Fitness Center• All interior corridors	<p><u>Comfort Suites Raleigh</u> 4400 Capital Blvd. Raleigh, NC 27604 (919) 876-2211 www.CSRaleigh.snbhotels.com</p> <p><u>2009 Rate: \$80 for up to 4 people (2 Doubles or 1 King)</u> Ask for: NRG Rate</p> <p>Amenities:</p> <ul style="list-style-type: none">• Free Breakfast Served Hot Daily• Sleeper Sofa• High Speed Internet• Fitness Center	<p><u>Hilton Garden Inn</u> 6412 Capital Blvd Raleigh, NC 27616 (919) 876-5650 hiltongardeninn.hilton.com</p> <p><u>2009 Rate \$99 (2 Queens or 1 King)</u> MUST CALL 919-876-5650 & ask for Tracy or Suzanne to secure rate.</p> <p>Amenities:</p> <ul style="list-style-type: none">• Indoor Pool & Jacuzzi• Sleep Number beds• Flat Screen TVs• Full Restaurant• Directly adjacent to Triangle Town Center
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T-Shirts and Photography:

- Official meet T-shirts and pictures will be available from Digital Magic at the competition. Photo packages and T-shirts will be available for purchase during and after the competition.