

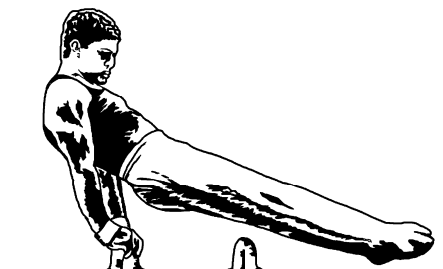
BLUE RIDGE INVITATIONAL

North Carolina Boys Qualifier

Final Session Information

Place: Blue Ridge Gymnastics Academy
391 Figsboro Rd. Martinsville, Va. 24112
Gym: 276-666-1001 Fax: 276-632-9199
E-mail: brgym@kimbanet.com

www.blueridgegym.com



Date: December 12, 2009

FINAL Session Times

Saturday Dec. 12th
Session 1 **All level 7 , 8, 9, 10**

8:30 AM Open Stretch 3 events at a time
9:00 1st Event warm-up 9:15 Competition Begins
Awards to follow competition

Session 2 **All Level 4's**

Capital cup modified Warm-up/compete
1:00 pm Open Stretch
1:30 Timed Warm-up 1st event then Competition
Awards to follow competition

Session 3 **All Level 5 & 6**

Warm-up than compete
5:00 PM Open Stretch
5:30 - 6:30 Timed Warm-up
6:30 - 8:30 Competition
Awards to follow the competition

Coach's hospitality will be available along with concessions on the second floor. There will also be an area for video taping at no additional charge. (Space in the area will be limited. First come first served.)

Hotels:

Jameson Inn
387 Commonwealth Blvd
Cont Breakfast 800-jameson 276-638-0478

Dutch Inn 276-647-3721
US Hwy 220 N Business Collinsville
Weight room , Buffet Breakfast , Bar

Hampton Inn 1-276-647-4700
US Hwy 220 S Business Collinsville
Continental Breakfast

All hotels are within 3 miles of the gym with plenty of food places close by.

Directions To BRGA Or go to www.blueridgegym.com for directions and gym Information

From the North: I-81 South to Roanoke exit onto 220 South and Travel Approx. 1 hour. At Martinsville Collinsville Exit onto 220 South Business. At 1st light Turn Left (Rt. 174) At Rt. 108 (Figsboro Rd.) turn Left. Gym is 200 yds down on the left.

From the South: Take 68 north from the airport(Greensboro Triad) to 220 North take the by pass toward Roanoke. At the Martinsville / Collinsville Exit 220 South Business . Follow the directions above.

From the East: Take 58 East thru Danville pass the Hardee's Turn right at the light. Follow the "to 174" signs. (also signs to Patrick Henry Community college) Once on Rt. 174 Turn right onto Rt. 108 (Figsboro Rd. Gym is 200 yards up on the left.