



# High Point Powerhouse Challenge

Location: High Point Gymnastics Academy  
3530 North Main Street  
High Point, North Carolina 27265  
[hpga@northstate.net](mailto:hpga@northstate.net)

Meet Director: Jim Shaw  
Phone: 336.869.3589  
Fax: 336.869.3507

**Meet Date: January 9-10, 2010**

## FINAL SCHEDULE

<p><b>Saturday, January 9</b></p> <p><u>Session 1:</u> Capital Cup, All Levels 7, 8, 9, 10 12:00 p.m. Open stretch 12:30 p.m. Competition Awards to follow</p> <p><u>Session 2:</u> Traditional, All Level 6 5:30 p.m. Open Stretch 6:00 p.m. Timed Warm-ups 7:00 p.m. Competition Awards to follow</p> <p><b>Sunday, January 10</b></p> <p><u>Session 3:</u> Traditional, All Level 5 8:30 a.m. Open Stretch 9:00 a.m. Timed Warm-ups 10:00 a.m. Competition Awards to follow</p>	<p><u>Session 4:</u> Capital Cup, All Level 4 12:30 p.m.. Open Stretch 1:00 p.m. Competition Awards to follow</p> <p>Netscore scoring system</p> <p>Coach's hospitality will be available along with concessions.</p> <p><b>Host Hotel</b> Crestwood Suites 2860 N. Main Street High Point, North Carolina 27265 336.886.5665</p> <p>Information also available at <a href="http://www.highpointgymnastics.com">www.highpointgymnastics.com</a></p>
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