

NC Men's State Championship

March 13 – 14, 2010

Host Gym: Cabarrus County Gymnastics
1029 Central Drive
Concord, NC 28027
(704) 784 - 3111
www.ccgymnastics.com

Hotel Information:

Sleep Inn 1120 Copperfield Blvd. Kannapolis, NC 28025 704-788-2150 Rate: \$59.95	Fairfield Inn 3033 Cloverleaf Parkway Kannapolis, NC 28083 704-795-4888 Rate: \$79.00
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FINAL SCHEDULE

Saturday, March 13th

Session 1 - Levels 8, 9, 10 (Modified Capital Cup)

8:30 am – 8:50 am: General Stretch
8:50 am – 9:00am: March-in
9:00 am – 12:15 pm: Competition
Awards to follow

Session 2 – Levels 6 and 7 (Modified Capital Cup)

12:30 pm – 12:50pm: General Stretch
12:50 pm – 1:00 pm: March-in
1:00 pm – 3:45 pm: Competition
Awards to follow

Session 3 – Level 5 (Modified Capital Cup)

4:00 pm – 4:20 pm: General Stretch
4:20 pm – 4:40 pm: March-in
4:40 pm – 8:00 pm: Competition
Awards to follow

Any Level 5, 6, 7, 8, 9, and 10 who qualifies to Region VIII Championships must sign – up and pay at the end of their respective session at state championship.

Qualification process and entry fee information for Region VII Championship
(www.r8mensgymnastics.com)

Sunday, March 14th

Session 4 – Level 4 [8 – 9 year old only] modified capital cup

9:30am – 9:50am: General Stretch

9:50am – 10:00am: March-in

10:00am – 12:30pm: Competition

Awards to follow

Session 5 – Level 4 [6 year old, 7 year old, 10 – 11 year old, 12+] modified capital cup

Please arrive for Session 5 at least 15 minutes early

12:45pm – 1:05pm: General Stretch

1:05pm – 1:15pm: March-in

1:15pm – 3:45pm: Competition

Awards to follow

Team Award for Level 4 will be awarded following Session # 5