

North Carolina Men's Gymnastics State Championship

March 12 – 13, 2011

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
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Hotel and Program Ads Submissions can be found at www.tumblewithus.com.

FINAL SCHEDULE

SATURDAY, MARCH 12, 2011

Session I – Level 7 and 8 (29)

(Modified Capital Cup)

- 8:30 am – 8:50 am – Open Stretch
- 8:50 am – 11:00 am – Competition
Awards to Follow

Regional Qualifiers Must Sign-Up following awards

Session II – Level 9 and 10 (37)

(Modified Capital Cup)

- 12:15 pm – 12:35 pm – Open Stretch
- 12:35 pm – 3:00 pm – Competition
Awards to Follow

Regional Qualifiers Must Sign-Up following awards

National Sign-Up also follows awards

Session III – Level 6 (53)

(Modified Capital Cup)

- 4:00 pm – 4:20 pm – Open Stretch
- 4:20 pm – 7:20 pm – Competition
Awards to Follow

Regional Qualifiers Must Sign-Up following awards

SEE NEXT PAGE FOR REGIONAL AND NATIONAL SIGN-UP INFORMATION

SUNDAY, MARCH 13, 2011

Session IV – Level 5 (68)

(Modified Capital Cup)

- 8:30 am – 8:50 am – Open Stretch
- 8:50 am – 11:40 am – Competition
Awards to Follow

Regional Qualifiers Must Sign-Up following awards

Session V – Level 4 (6 yr olds & 7 yr olds)

(Modified Capital Cup)

- 1:00 pm – 1:20 pm – Open Stretch
- 1:20 pm – 3:00 pm – Competition
Awards to Follow

Session VI – Level 4 (8-9 yr olds / 10-11 yr olds / 12+)

(Modified Capital Cup)

- 4:00 pm – 4:20 pm – Open Stretch
- 4:20 pm – 6:20 pm – Competition
Awards to Follow

SEE NEXT PAGE FOR REGIONAL AND NATIONAL SIGN-UP INFORMATION

2011 Region 8 Championship Sign – Up Information:

- There is **not** a qualifying score for this year's championship instead; **we will be using an allotment system.**
- The allotment number for each state is based on the number of athletes entered into the state championships.
- Gymnast **may only qualify** at their respective state championships.
- Qualifying athletes will be determined by rank order in the all-around during the State Championship.
 - All athletes that **qualify must register following their respective session and pay at the state championship.**
 - **If a qualified athlete chooses not to attend,** please inform your coach as well as the state chairman so we can give the next athlete in the all-around an opportunity to attend regional championship.
- Entry fee is **non-refundable** once it has been paid:
 - No refund for athletes once the entry fee has been paid to the State Chairman at State Championships.
 - Only Exception to this rule would be Petition Athletes
(As per Region VIII Board Meeting – October 16, 2009)
- **The cost for the 2011 Region 8 Championship is \$100.00**
****The entry fee can be paid ONLY by Cash or Check (payable to: USAG – NC Men's) ****

Information regarding the Allotment Numbers for NC and the 2011 Region 8 Championship is available on the Region 8 Men's Championship Website (<http://mensregional.meetcontrol.biz>)

2011 JO Men's Championship Sign – Up Information:

- JO Nationals is open to any gymnast in Level 9 (12 – 13) or Level 10 (14 – 15 / 16-18) who qualifies at the 2011 Region 8 Championship.
- **National Qualifying Score and Allotment Numbers 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. Below you will find a list all items you will need to turn in at State Meet.

Items to be turned in following state championship to sign-up for National

- **Entry Fee for JO National Championship: \$150.00**
*****The entry fee can be paid ONLY by Cash or Check (payable to: USAG – NC Men's)*****
***** Must be a separate payment from the Region 8 Championship Payment*****
- **This fee must be paid at the NC State Championship and must be paid separately from the Regional fee.** *HOWEVER, I will not deposit the checks until after the Regional Championships once we see who officially qualifies.* State chairman have been asked to write one check for all athletes in their state for the JO Nationals.
- Also, all athletes must complete an NCAA Release Form (will be sent to coaches via email prior to state championship)

Information regarding the 2011 JO Men's National Championship can be found at
(<http://www.2011jomen.com/>)