

Charleston Cup

V-3



Official Competition Schedule

Friday, March 5, 2010

Gym A – Capital Cup Format

Session 1A USAG Level 8

8:00am Open Stretch & Bar Settings
8:30am Timed Warm-ups
8:50am March In & Competition
12:30pm Level 8 Individual Awards

*Broadway, *International, Florence, Easley
Sports Academy, Choice, MEGA, Precision, Knightdale,
Shooting Star, Sunburst, Superior, TNT, Ultimate.

Session 2A USAG Level 8

12:30pm Open Stretch & Bar Settings
1:00pm Timed Warm-ups
1:20pm March In & Competition
5:00pm Level 8 Individual Awards

*Southeastern, ACE, Aiken, Classics, Sonshine,
Coast Elite, Beach Team, Gym & More, Columbia,
Jam Jev, Dream It, Carolina, Artistic,
New Vision, Roswell

Session 3A USAG Level 8

5:00pm Open Stretch & Bar Settings
5:15pm Timed Warm-ups
6:00pm March In & Competition
9:30pm Level 8 Individual Awards

Apollo, Everest, *Premier, Salem, Gymstrada, Upstate,
All American, Cabarrus, Greenwood, Gym Counts,
Legacy, Olympic Elite, Top Notch, No. Raleigh, Port City.

Gym B – Capital Cup Format

Session 1B USAG Level 7 & 9

8:15am Open Stretch & Bar Settings
8:45am Timed Warm-ups
9:05am March In & Competition
12:45pm Level 7 & 9 Individual Awards

LEVEL 7: Classics, Beach Team, Everest, Roswell
Coast Elite, Cabarrus, Greenwood, Islands Y,
Gym Counts, Olympic Elite, Palmetto

LEVEL 9: Gym & More, Carolina, Charleston, Dream It
All American, Artistic, Columbia, New Vision,
Salem, Upstate, Choice, Roswell.

Session 2B USAG Level 9

12:45pm Open Stretch & Bar Settings
1:15pm Timed Warm-ups
1:35pm March In & Competition
5:15pm Level 9 Individual Awards

Apollo, Broadway, Palmetto, Everest, Premier, Legacy,
*Gymstrada, International, Sports Academy, Cabarrus,
Olympic Elite, Easley, Superior, Greenwood, Gym Counts,
Summerville.

Session 3B USAG Level 9

5:15pm Open Stretch & Bar Settings
6:00pm Timed Warm-ups
6:20pm March In & Competition
9:45pm Level 9 Individual & Team Awards

*Southeastern, WNC-Olympia, ACE, Bart Conner,
Classics, TAGS, Precision, Coast Elite, Jam Jev,
Flip Force, Aiken, Rose's, Chas. Twisters,
Shooting Star, Hayden's, Raleigh, Sonshine, MEGA,
ETC, Beach Team, TNT, Wake, Ultimate.

- *Designates a split squad
- Gymnasts in sessions 2A, 3A, 2B & 3B should arrive to the meet site 20 minutes before their scheduled open stretch time. If we are ahead of schedule we will begin those sessions early.

Saturday – March 6, 2010

Gym A – Capital Cup Format

Session 4A USAG Level 6/ Prep Open & Platinum

8:00am Open Stretch & Bar Settings
8:30am Timed Warm-ups
8:45am March In & Competition
12:15pm Level 6, PO, PP Individual & Team Awards

LEVEL 6: All Level 6 Gymnasts

PREP OPEN: Broadway, Top Notch, Cabarrus,
*Greenville, Superior

PREP PLATINUM: *Carolina, Rose's, Elite,
Sports Academy, Greenville, Paulding, TNT, Raleigh.

Session 5A USAG Level 10 & Level 8

12:15pm Open Stretch & Bar Settings
12:45pm Timed Warm-ups
1:00pm March In & Competition
4:45pm Level 10 Individual Awards
Level 8 Individual & Team Awards

LEVEL 10: Broadway, Classics, Charleston, Greenville,
*International, Gymstrada, ETC, Dream It, Jam Jev,
Carolina, Artistic, Beach Team, Columbia, Flip Force,
Shooting Star, TNT, Upstate, Superior

LEVEL 8: Parkettes, Bart Conner, Koseev's, Hayden's,
Raleigh, Rose's, Paulding, Wake.

Session 6A USAG Level 10

5:00pm Open Stretch & Bar Settings
5:30pm Timed Warm-ups
5:45pm March In & Competition
9:30pm Level 10 Individual & Team Awards

ACE, Apollo, Legacy, Bart Conner, Koseev's,
Everest, Salem, Southeastern, Sonshine, Premier,
TAGS, Roswell, Elite, Gym & More, Rose's,
Coast Elite, Olympic Elite, Sunburst, MEGA

Gym B – Capital Cup Format

Session 4B USAG Level 7

8:15am Open Stretch & Bar Settings
8:45am Timed Warm-ups
9:00am March In & Competition
12:45pm Level 7 Individual Awards

Parkettes, Knightdale, Bart Conner, Koseev's, ETC,
Dream It, Charleston, Flip Force, Artistic, New Vision,
Precision, Hayden's, Sonshine, Shooting Star, Wake,
No. Raleigh, Ultimate, Port City.

Session 5B USAG Level 7

12:45pm Open Stretch & Bar Settings
1:15pm Timed Warm-ups
1:35pm March In & Competition
5:15pm Level 7 Individual Awards

ACE, Apollo, Southeastern, Premier, Gym & More,
Aiken, Chas. Twisters, Legacy, Easley, Choice,
WNC-Olympia, Florence, MEGA, Sunburst
Gym Inc., Top Notch.

Session 6B USAG Level 7

5:15pm Open Stretch & Bar Settings
5:30pm Timed Warm-ups
5:45pm March In & Competition
9:45pm Level 7 Individual & Team Awards

Broadway, *Gymstrada, Jam Jev, International,
Carolina, Raleigh, Summerville, Upstate, Columbia
Paulding, Superior.

- ***Designates a split squad**
- **Gymnasts in sessions 5A, 6A, 5B, & 6B, should arrive to the meet site 20 minutes before their scheduled open stretch time. If we are ahead of schedule we will begin those sessions early.**

Sunday – March 7, 2010

Gym A – Capital Cup Format

Session 7A Prep Gold

8:30am Open Stretch & Bar Settings
8:45am Timed Warm-ups
9:00am March In & Competition
11:30am Prep Gold Individual & Team Awards.

PREP GOLD: All Prep Gold Gymnasts.

Session 8A USAG Level 5 & Prep Silver

11:45am Open Stretch & Bar Settings
12:15pm Timed Warm-ups
12:30pm March In & Competition
4:15pm Level 5 & PS Individual Awards

LEVEL 5: Gym Inc., Easley, *Greenwood, *Charleston, Olympic Elite, Sandhills, Tapio, Ultimate, Upstate.

PREP SILVER: Elite, Gym Inc., Knightdale, Rose's No. Raleigh, Foothills, Charleston.

Session 9A USAG Level 5 & Prep Silver

4:15pm Open Stretch & Bar Settings
4:30pm Timed Warm-ups
4:45pm March In & Competition
7:45pm Level 5 & PS Individual & Team Awards

LEVEL 5: *Renegade, Chas. Twisters, Columbia, *MEGA, Florence, Greenville, GymMasters, Palmetto, Choice, *Sunburst, Koseev's, Beach Team, Gym Inc. Summerville.

PREP SILVER: Renegade, *TNT, Choice, Sunburst, MEGA.

Gym B – Capital Cup Format

Session 7B USAG Level 4

8:30am Open Stretch & Bar Settings
8:45am Timed Warm-ups
9:00am March In & Competition
12:00pm Level 4 Individual Awards

Gym Inc, Charleston, *Easley, Greenwood, Precision, Sandhills, *Summerville, Tapio, Upstate.

Session 8B USAG Level 4

12:15pm Open Stretch & Bar Settings
12:30pm Timed Warm-ups
12:45pm March In & Competition
3:45pm Prep Level 4 Individual & Team Awards

Renegade, *Chas. Twisters, Columbia, *Florence, MEGA, Greenville, GymMasters, Palmetto, Sunburst, Koseev's, Choice.

Session 9B USAG Prep Bronze & Level 2 & 3.

4:00pm Open Stretch & Bar Settings
4:15pm Timed Warm-ups
4:30pm March In & Competition
5:45pm Level 2, 3& PB Individual Awards

PREP BRONZE: All Prep Bronze Gymnasts.
LEVEL 2 & 3: All Level 2 & 3 Gymnasts.

- ***Designates Split Squad**
- **Gymnasts in sessions 8A, 8B, 9A & 9B, should arrive to the meet site 20 minutes before their scheduled open stretch time. If we are ahead of schedule we will begin those sessions early.**