

# Charleston Cup



## 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, Gymstrada, \*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, Islands Y, 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.

### 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: Aiken, 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, Summerville.

#### 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.

#### 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, Roswell, 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.

### 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.

### 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.**