

Charleston Cup

V-3 changes in red



Official Competition Schedule

Friday, February 24, 2012

Gym A – Capital Cup Format

Session 1A - USAG Level 8 & 9

8:00am Open Stretch & Bar Settings
8:30am Timed Warm-ups
8:50am March In & Competition
11:55am Level 8 & 9 Individual Awards

Level 8: American Elite, East Cooper, Florence, Gymnastics Inc., Thomas, Carolina, Gym Unlimited, Elite, Greenville, Raleigh.

Level 9: Goose Creek, Raleigh, Chas. Twisters, New Vision, New Bern, Gym Counts, Sports Acad., Morgan's Ultimate, Greenwood, Gym Acad. Chas., Upstate, Omega, American, Top Notch, Cabarrus, Intrigue Athletics.

Session 2A - USAG Level 9

12:30pm Open Stretch & Bar Settings
1:00pm Timed Warm-ups
1:20pm March In & Competition
4:30pm Level 9, Individual & Team Awards

Level 9: All American, Jacksonville, Aiken, Bama Bounders, Dream It, Chattanooga, *International, Yadkin Valley, *Ocean Flippers, Olympia, Premier, Precision, Shooting Stars, New Heights, Southeastern, Beach Team, Team Olympia, Gym. Unlimited, Excalibur, **Excalibur-Peru**

Session 3A- USAG Level 10

5:00pm Open Stretch & Bar Settings
5:30pm Timed Warm-ups
5:50pm March In & Competition
9:30pm Level 10 Individual & Team Awards

All Level 10 athletes

Gym B – Capital Cup Format

Session 1B - USAG Level 7

8:30am Open Stretch & Bar Settings
8:50am Timed Warm-ups
9:05am March In & Competition
12:20pm Level 7 Individual Awards

*Southeastern, Aiken, Columbia, Dream It, *Chattanooga, *International, Ocean Flippers, Team Olympia, Premier, Bama Bounders, Precision, Shooting Stars.

Session 2B - USAG Level 7

12:30pm Open Stretch & Bar Settings
12:50pm Timed Warm-ups
1:05pm March In & Competition
4:15pm Level 7 Individual Awards

*Raleigh, Morgan's, New Vision, *Gym Acad. Chas., New Bern, American Elite, Carolina, East Cooper, Elite, Florence, Greenville, GymCarolina, Gymnators, Gym Inc., Thomas, *Tumblebees, Greenwood, Carrabus, Prattville, Gym Counts, Tallahassee.

Session 3B - USAG Level 7

4:30pm Open Stretch & Bar Settings
4:50pm Timed Warm-ups
5:05pm March In & Competition
8:30pm Level 7 Individual & Team Awards

All American, Gym Unlimited, Beach Team, Yadkin Kozeev's New Heights, Chas. Twisters, Omega, Central Carolina, Top Notch, Choice, Upstate, Gymini, Lake Norman, Lexington, Tapio, Bull City, Intrigue Athletic.

- ***Designates a split squad**
- **Gymnasts in sessions 2A, 3A, 2B & 3B should arrive to the meet site 15 minutes before their scheduled open stretch time. If we are ahead of schedule we will begin those sessions early.**

Saturday – February 25, 2012

Gym A – Capital Cup Format

Session 4A - USAG Level 8

8:00am Open Stretch & Bar Settings
8:20am Timed Warm-ups
8:35am March In & Competition
11:00am Level 8 Individual Awards

Jacksonville, All American, Upstate, Tumblebees, Beach Team, Southeastern, Team Olympia, New Vision International, Gym Acad. Chas., Bull City, Prattville, Chas., Twisters, Morgan's, GymCarolina, **Excaliber-Peru**.

Session 5A - USAG Level 8

11:15am Open Stretch & Bar Settings
11:35am Timed Warm-ups
12:00pm March In & Competition
2:15pm Level 8 Individual Awards

Gymnators, Carrabus, Gym Counts, Kozeevs New Bern, Ocean Flippers, Omega, Asheville, Columbia, Premier, Tallahassee, Shooting Stars, Chattanooga, Bama, Bounders, Precision, Intrigue Athletics.

Session 6A - USAG X-CEL - Platinum

2:30pm Open Stretch & Bar Settings
2:50pm Timed Warm-ups
3:05pm March In & Competition
5:15pm Xcel Platinum Individual & Team Awards

All X-Cell Platinum Athletes.

Gym B – Capital Cup Format

Session 4B - USAG X-CEL Gold

8:00am Open Stretch & Bar Settings
8:20am Timed Warm-ups
8:35am March In & Competition
11:40am Xcel Gold Individual Awards

*Morgan's, *Ocean Flippers, *Omega, Thomas, Artistic, Gym Counts, Carolina, Gymini, *Gymnators.

Session 5B - USAG X-CEL Gold and Silver

11:45am Open Stretch & Bar Settings
12:05pm Timed Warm-ups
12:15pm March In & Competition
3:00pm Xcel Silver Individual & Team Awards
Xcel Gold Team Awards

Gold: Choice, Team Olympia, All American, Lexington, Beach Team, Olympia-SC, **Excalibur-Peru**.

Silver: Thomas, Gym Counts, Goose Creek, Morgan's Tumblebees, Gym Acad. Charleston.

Session 6B - USAG X-CEL Silver

3:10pm Open Stretch & Bar Settings
3:30pm Timed Warm-ups
3:40pm March In & Competition
5:45pm Xcel Silver Individual & Team Awards

Choice, Gymini, Kozeev's, Lake Norman, Lexington, Wateree, *Ocean Flippers, Artistic.

- ***Designates a split squad**
- **Gymnasts in sessions 5A, 6A, 5B, & 6B, should arrive to the meet site 15 minutes before their scheduled open stretch time. If we are ahead of schedule we will begin those sessions early.**

Event Finals – Level 9 & 10

Top six level nine athletes and the top six level ten athletes per event from Friday's competition

Saturday, February 26, 2011 – 6:30PM Open Stretch – Gym A

Sunday – February 26, 2012

Gym A – Capital Cup Format

Session 7A - Level 5 & 6

8:00am Open Stretch & Bar Settings
8:25am Timed Warm-ups
8:35am March In & Competition
11:45am Level 5 Individual Awards.

Level 5: Excalibur, Lake Norman, Greenwood, Dream It, Columbia, Upstate, Ultimate, Shooting Stars

Level 6: All Level 6 Athletes.

Session 8A - USAG Level 5

12 :00pm Open Stretch & Bar Settings
12:20pm Timed Warm-ups
12:30pm March In & Competition
3:45pm Level 5 & 6 Individual & Team Awards

LEVEL 5: Chas. Twisters, Choice, Florence, Gym Inc., East Cooper, Wateree, Kozeev's, Sports Acad., Lexington, Charleston, Gym Acad. Chas., Tapio, Thomas, Olympia-SC.

Session 9A - Level 2 & 3

4:00pm Open Stretch & Bar Settings
4:20pm Timed Warm-ups
4:45pm March In & Competition
6:15pm Level 2 & 3 Individual Awards

Gym B – Capital Cup Format

Session 7B - USAG Xcel Bronze

8:30am Open Stretch & Bar Settings
8:50am Timed Warm-ups
9:00am March In & Competition
11:00am Xcel Bronze Individual & Team Awards

All Prep Bronze Athletes,

Session 8B - USAG Level 4

12:00pm Open Stretch & Bar Settings
12:20pm Timed Warm-ups
12:30pm March In & Competition
3:15pm Level 4 Individual Awards

Upstate, Columbia, Dream It, Ultimate, *Gyminators, Greenwood, Charleston, Lake Norman, Shooting Stars, GymMasters.

Session 9B - USAG Level 4

3:30pm Open Stretch & Bar Settings
3:50pm Timed Warm-ups
4:00pm March In & Competition
6:45pm Level 4 Individual & Team Awards

*Chas. Twisters, Florence, Lexington, Gym Acad. Chas., Gym Inc., Choice, Sports Acad., Tapio, East Cooper, Thomas, Olympia-SC.

- ***Designates Split Squad**
- **Gymnasts in sessions 8A, 8B, 9A & 9B, should arrive to the meet site 15 minutes before their scheduled open stretch time. If we are ahead of schedule we will begin those sessions early.**