



Crown of the Carolinas Invitational

November 19-21, 2010

Hosted by Thomas Gymnastics of Rock Hill, SC
Winthrop University's West Center in Rock Hill, SC

FINAL SCHEDULE(Updated 11/9/2010)

RED GYM

SATURDAY, NOVEMBER 20TH

SESSION 1 (SOME LEVEL 5)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED WARM UP 1ST EVENT
8:40AM COMPETE 1ST EVENT
11:00AM AWARDS

*Barbados,Beckley,Charlotte,Choice,Countryside,
Danni's,Foothills,Freedom,Fun2bFit,GymMasters,
Counts,Gymnastics Inc,Hahn;s,Motions,New Vision,
Olympia, Premier,Sandhills

SESSION 2 (SOME LEVEL 5)

11:15AM OPEN STRETCH
11:35AM MARCH IN
11:45AM TIMED WARM UP 1ST EVENT
11:55AM COMPETE 1ST EVENT
2:35PM AWARDS

*ASG,Carolina, Carolina Stars,Elite,Greenville
Kozeev's,Lake Murray,Laurens,
Palmetto,Phoenix
Port City,Stanly County, Thomas

SESSION 3 (ALL LEVEL 8'S AND 9'S)

2:45PM OPEN STRETCH
3:05PM MARCH IN
3:15PM TIMED WARM UP 1ST EVENT
3:35PM COMPETE 1ST EVENT
6:15PM AWARDS

SESSION 4 (ALL LEVEL 10'S AND PREP OPT PLATINUM)

6:30PM OPEN STRETCH
6:50PM MARCH IN
7:00PM TIMED WARM UP 1ST EVENT
7:15PM COMPETE 1ST EVENT
9:35PM AWARDS

BLACK GYM

FRIDAY, NOVEMBER 19TH

SESSION 1 (BOYS LEVEL 7-10)

6:45PM OPEN STRETCH
7:05PM MARCH IN
7:15PM TIMED WARM UPS
7:35PM COMPETE
9:00PM AWARDS

SATURDAY, NOVEMBER 20TH

SESSION 1 (ALL LEVEL 4-7 BOYS)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED WARM UPS
9:30AM COMPETE
12:30AM AWARDS

SESSION 2 ALL LEVEL 6 GIRLS)

2:00PM OPEN STRETCH
2:20PM MARCH IN
2:30PM TIMED WARM UPS
2:40PM COMPETE
5:20PM AWARDS

SESSION 3 (ALL LEVEL 7 GIRLS)

5:30PM OPEN STRECH
5:50PM MARCH IN
6:00PM TIMED WARM UP 1ST EVENT
6:15PM COMPETE 1ST EVENT
9:35PM AWARDS

RED GYM

SUNDAY, NOVEMBER 21ST

SESSION 5 (PREP OPT BRONZE AND ALL LEVEL 2)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED 1ST EVENT
8:45AM COMPETE 1ST EVENT
12:00PM AWARDS

SESSION 6 (SOME PREP OPT SILVER)

12:15PM OPEN STRETCH
12:35PM MARCH IN
12:45PM TIMED 1ST EVENT
12:55PM COMPETE 1ST EVENT
4:15PM AWARDS

*ASG, Carolina, Countryside,
Champions,Choice,Everest,Foothills
Greenville,Laurens,Raleigh,Spartanburg,Thomas

SESSION 7 (SOME PREP OPT SILVER AND ALL GOLD)

4:15PM OPEN STRETCH
4:35PM MARCH IN
4:45PM TIMED 1ST EVENT
5:00PM COMPETE 1ST EVENT
8:00PM AWARDS

*Club ,Goose Creek,IGA,Olympia,
Palmetto,Renegade, Elite

BLACK GYM

SUNDAY NOVEMBER 21ST

SESSION 4 ALL LEVEL 3 AND SOME LVL 4)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED WARM UP
8:40AM COMPETE 1ST EVENT
12:00PM AWARDS

*Barbados, Beckley,Choice,Counts,Gymnastics Inc.,
Port City,Premier,Tapio, Carolina

SESSION 5 SOME LEVEL 4

12:00PM OPEN STRETCH
12:20PM MARCH IN
12:30PM TIMED WARM UP
12:40PM COMPETE 1ST EVENT
4:00PM AWARDS

*ASG, ,Countryside,Cumming, Freedom
Kozeev's,Lake Murray,Motions,New Vision

SESSION 6 SOME LEVEL 4

4:00PM OPEN STRETCH
4:30PM MARCH IN
4:30PM TIMED WARM UP
4:40PM COMPETE 1ST EVENT
7:40PM AWARDS

*Carolina Stars,Danni's,Fun2BFit,Greenville,
Hahn's,Laurens,Palmetto,Phoenix,Renegade
Sandhills,Spartanburg,Thomas

***PLEASE HAVE YOUR GYMNASTS ARRIVE 30 MINS EARLY FOR THE FINAL SESSION ON SUNDAY. WE WILL TRY TO START EARLY IF THE SCHEDULE ALLOWS IT.**