



FRIDAY, NOVEMBER 18TH, 2011



BLACK GYM

SESSION 1 ALL BOYS (60 GYMNASTS)

5:00PM OPEN STRETCH
5:20PM MARCH IN
5:30PM WARM UP
6:30PM COMPETE
9:00PM AWARDS

RED GYM

SESSION 1 LEVEL 7'S (LOCAL GYMS/60 GYMNASTS)

5:00PM OPEN STRETCH
5:20PM MARCH IN
5:30PM TIMED WARM UP
8:15PM AWARDS

*Aiken, Barbados, Carolina, Carolina Stars, Danni's, Easley, Elite Everst, Harris YMCA, Kozeevs, Lexington, MEGA, Miss Libbys, Palmetto, Spartanburg, Thomas, Upstate

SATURDAY, NOVEMBER 19TH, 2011

SESSION 2 - ALL LVL 2/ALL LVL 3/ LVL 4 (86 GYMNASTS)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED WARM UP
11:30AM AWARDS

*Level 4 Teams - Barbados, Beckley, Choice, Countryside Gymnastics Counts, Premier

SESSION 2 - ALL PREP GOLD (78 GYMNASTS)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED WARM UP
11:15AM AWARDS

SESSION 3 - LEVEL 4'S (86 GYMNASTS)

11:30AM OPEN STRETCH
11:50AM MARCH IN
12:00PM TIMED WARM UP
3:00PM AWARDS

*ASG, Ashville, Carolina, Danni's, Freedom, GymQuest, Harris YMCA, Lake Murray, Lexington, New Vison, Palmetto Upstate, Yadkin Valley,First in Flight,Motions

SESSION 3 - LEVEL 7'S (TRAVEL GYMS/64 GYMNASTS)

11:15AM OPEN STRETCH
11:35AM MARCH IN
11:45AM TIMED WARM UP
2:45PM AWARDS

*ASG, Beckley, Choice, East Cooper, Energy, Flip Tuck, Freedom GymQuest, Charleston, Lake Murray, Lumberton, Motions, Omega, Tapio, Yadkin Valley,Hahn's

SESSION 4 - LEVEL 4'S (86 GYMNASTS)

3:00PM OPEN STRETCH
3:20PM MARCH IN
3:30PM TIMED WARM UP
6:15PM AWARDS

*Aiken, Elite, Everest, Greenville, Hahns Spartanburg, Thomas,Fun2BeFit

SESSION 4 - ALL LEVEL 8 (56 GYMNASTS)

2:45PM OPEN STRECH
3:05PM MARCH IN
3:15PM TIMED WARM UP
5:45PM AWARDS

SESSION 5 - ALL LEVEL 6'S (81 GYMNASTS)

6:15PM OPEN STRETCH
6:35PM MARCH IN
6:45PM TIMED WARM UP
9:35PM AWARDS

SESSION 5 - ALL LEVEL 9/ALL LEVEL 10 (44 GYMNASTS)

6:00PM OPEN STRECH
6:20PM MARCH IN
6:30PM TIMED WARM UP
9:15PM AWARDS



SUNDAY, NOVEMBER 20TH, 2011



BLACK GYM

SESSION 6 - ALL PREP PLATINUM (66 GYMNASTS)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED WARM UP
11:00AM AWARDS

SESSION 7 - LVL 5 (TRAVEL GYMS/70 GYMNASTS)

11:00AM OPEN STRETCH
11:20AM MARCH IN
11:30AM TIMED WARM UP
2:00PM AWARDS

*ASG, Ashville, Beckley, East Cooper, Faulkners, Freedom Counts, Gymnastics Inc, Hahns, Lexington, Motions, New Vision, Omega, Premier, Tapio, Flip Tuck

SESSION 8 - LEVEL 5 (70 GYMNASTS)

2:00PM OPEN STRETCH
2:20PM MARCH IN
2:30PM TIMED WARM UP
5:00PM AWARDS

*Aiken, Carolina, Chapin, Choice, Countryside, Danni's Everest, Charleston, Lake Murray, Spartanburg, Yadkin Valley

SESSION 9 - LEVEL 5 (LOCAL GYMS/70 GYMNASTS)

5:00PM OPEN STRETCH
5:20PM MARCH IN
5:30PM TIMED WARM UP
8:00PM AWARDS

*Carolina Stars, Greenville, Kozevvs, Palmetto, Thomas Upstate, Fun2BeFit

RED GYM

SESSION 6 - BRONZE (TRAVEL GYMS/75 GYMNASTS)

8:00AM OPEN STRETCH
8:20AM MARCH IN
8:30AM TIMED WARM UP
11:15AM AWARDS

*Aiken, Choice, Countryside, Energy, Greenville, Counts, Hilton Head, Osega, Omega

SESSION 7 - BRONZE (LOCAL GYMS/75 GYMNASTS)

11:15AM OPEN STRETCH
11:35AM MARCH IN
11:45AM TIMED WARM UP
2:30PM AWARDS

*Champions, Everest, Flip, Foothills, Goose Creek, Hahns, Lexington, Olympia, Palmetto, Thomas

SESSION 8 - SILVER (TRAVEL GYMS/74 GYMNASTS)

2:30PM OPEN STRETCH
2:50PM MARCH IN
3:00PM TIMED WARM UP
5:45PM AWARDS

*Barefoot, Choice, Countryside, Energy, Flip, Foothills, Goose Creek, Hahn's, Hilton Head, Osega, Olympia, Omega

SESSION 9 - SILVER (LOCAL GYMS/74 GYMNASTS)

5:45PM OPEN STRETCH
6:05PM MARCH IN
6:15PM TIMED WARM UP
9:00PM AWARDS

*Aiken, ASG, Carolina, Champions, Elite, Everest, Greenville, Lexington, Renegade, Thomas

***PLEASE HAVE YOUR GYMNASTS ARRIVE 30 MINS EARLY FOR EACH SESSION.
WE ANTICIPATE SOME SESSION TO FINISH EARLY AND WE DO PLAN ON STARTING EARLY.**

as of 10/29/2011