



CROWN OF THE CAROLINAS INVITATIONAL
 NOVEMBER 21-22, 2009
 Hosted by Thomas Gymnastics of Rock Hill, SC
 Winthrop University's West Center in ROCK HILL, SC.

**** NEW SCHEDULE ****
 (As of November 12, 2009)

RED GYM

SATURDAY, NOVEMBER 21ST

SESSION 1 (ALL LEVEL 2, ALL LEVEL 3, ALL BRONZE)

8:00AM	OPEN STRETCH
8:20AM	MARCH IN
8:30AM	TIMED WARM UP 1ST EVENT
8:40AM	COMPETE 1ST EVENT
10:25AM	AWARDS

SESSION 2 (70 YOUNG LEVEL 7'S)

10:25AM	OPEN STRETCH
10:45AM	MARCH IN
10:55AM	TIMED WARM UP 1ST EVENT
11:10AM	COMPETE 1ST EVENT
2:15PM	AWARDS

****Level 7 Gymnasts 13 years old or Younger as of 11/21/2009**

SESSION 3 (15 OLD LEVEL 7'S AND ALL 9'S AND 10'S)

2:15PM	OPEN STRETCH
2:35PM	MARCH IN
2:45PM	TIMED WARM UP 1ST EVENT
3:00PM	COMPETE 1ST EVENT
5:25PM	AWARDS

****Level 7 Gymnasts 14 Years old and Up as of 11/21/2009**

SESSION 4 (ALL LEVEL 8'S)

5:45PM	OPEN STRETCH
6:05PM	MARCH IN
6:15PM	TIMED WARM UP 1ST EVENT
6:35PM	COMPETE 1ST EVENT
9:30PM	AWARDS

BLACK GYM

SATURDAY, NOVEMBER 21ST

SESSION 1 (ALL LEVEL 4 BOYS)

8:00AM	OPEN STRETCH
8:20AM	MARCH IN
8:30AM	TIMED WARM UPS
9:30AM	COMPETE
11:30AM	AWARDS

SESSION 2 (ALL LEVEL 5-10 BOYS)

11:30AM	OPEN STRETCH
11:50AM	MARCH IN
12:00PM	TIMED WARM UPS
1:00PM	COMPETE
4:00PM	AWARDS

SESSION 3 (ALL LEVEL 6 GIRLS)

5:30PM	OPEN STRETCH
5:50PM	MARCH IN
6:00PM	TIMED WARM UP 1ST EVENT
6:15PM	COMPETE 1ST EVENT
9:20PM	AWARDS

RED GYM

SUNDAY, NOVEMBER 22ND

SESSION 5 (ALL GOLD/SILVER)

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

SESSION 6 (PLATINUM/PREP OPEN/LEVEL 5'S)

11:00AM	OPEN STRETCH
11:20AM	MARCH IN
11:30AM	TIMED 1ST EVENT
11:45AM	COMPETE 1ST EVENT
3:15PM	AWARDS

**** LEVEL 5 TEAMS - GymQuest, Twisters, Tapio, Barbados, Maverick, Appalachian, Gymnastics Counts, Danni's, MEGA, IGA, High Flight, ASG, Fit2BFun, Sports Acad, Freedom Premier, Charlotte, Hartsville**

SESSION 7 (LEVEL 5'S)

3:15PM	OPEN STRETCH
3:35PM	MARCH IN
3:45PM	TIMED 1ST EVENT
4:00PM	COMPETE 1ST EVENT
6:55PM	AWARDS

**** Carolina Stars, Carolina, Gymmasters, Upstate, Aiken, Sandhills, Columbia, Choice, Lake Murray, Kozeev's, New Vison, Hahn's, Thomas, FLIP**

BLACK GYM

SUNDAY NOVEMBER 22ND

SESSION 4 LEVEL 4

8:00AM	OPEN STRETCH
8:20AM	MARCH IN
8:30AM	TIMED WARM UP
8:40AM	COMPETE 1ST EVENT
10:50AM	AWARDS

**** Twisters, Premire, Danni's Barbados, Gymnastics Counts, Foothills, Sports Academy, IGA, Hilton Head, MEGA, New Vision, Fun2BFit, Appalachian, Charlotte**

SESSION 5 LEVEL 4

11:00AM	OPEN STRETCH
11:20AM	MARCH IN
11:30AM	TIMED WARM UP
11:40AM	COMPETE 1ST EVENT
2:00AM	AWARDS

****Sandhills, Hahn's, Carolina, Choice, Lake Murray, Kozeev's, Freedom, Columbia, FLIP**

SESSION 6 LEVEL 4

2:00PM	OPEN STRETCH
2:20PM	MARCH IN
2:30PM	TIMED WARM UP
2:40PM	COMPETE 1ST EVENT
5:15PM	AWARDS

**** ASG, Carolina Stars, Upstate Thomas, High Flight**