

**DATES FOR 2009-2010 COMPETITIVE SEASON
NC-USA GYMNASTICS WOMENS' PROGRAM**

Bids for North Carolina's JO State Meets will be accepted for the following dates:

November 20th weekend	Last weekend to qualify for 5/6 States
November 28th weekend	Last weekend to qualify for Level 4 State Meet
December 4th weekend	Level 5/6 State Meet
December 11th weekend	Level 4 State Meet Hanukkah begins on 12-11.
February 27th weekend	Last weekend to qualify for Rookie State Meet
March 6th weekend	Last weekend to qualify for 7-10 State Meet
March 13th weekend	Rookie Prep State Meet & last weekend to qualify for Novice/Prep I State Meet
March 19th weekend	Level 7-10 State Meet
March 27th weekend	Novice & Prep I State Meet
FYI April 5th	Easter
FYI April 9th weekend	Level 9/10 Regionals (Clemson University) NCAA Regionals
FYI April 16th weekend	Level 8 Regionals
FYI April 23rd weekend	Prep Regional Invitational & NCAA Nationals
FYI April 29th weekend	Level 9 Easterns (in Region 7)
FYI May 6th weekend	Level 10 Nationals (long Beach, CA)

Declaration dates for gymnast's competitive level will be on the last qualifying date for each level.

A gymnast may 'tinker' with competing between two consecutive levels during the season, but must have qualified for the state meet that she wishes to enter by the last qualifying date. May qualify for Level 5, try a meet or two at Level 6, but decides she wants to go to Level 5 State Meet. She must requalify for the Level 5 by the declaration date.

