

2009 Level 5 & 6 NC State Meet Capital Cup Format

Friday, December 4th, 2009

Session One: Level 5's 11B, 12A, 12B, 13+

11B: Born 2/19/98 – 6/29/98

12A: Born 7/10/97 – 11/27/97

12B: Born 1/8/97 – 7/9/97

13+: Born before 1/7/97

4:00-4:20pm Open Stretch

4:20-4:30pm Warm-up Flight A

4:30-4:40pm March In

4:40-8:00pm Competition

8:00pm Awards

Saturday, December 5th, 2009

Session Two: Level 5's 10B, 10C, 11A

10B: Born 4/6/99 – 6/29/99

10C: Born 12/30/98 – 4/5/99

11A: Born 6/30/98 – 12/5/98

8:30-8:50am Open Stretch

8:50-9:00am Warm-up Flight A

9:00-9:10am March In

9:10-11:50am Competition

11:50am Awards

Saturday, December 5th, 2009

Session Three: Level 5's 9B, 9C, 10A

9B: Born 3/21/00 – 7/5/00

9C: Born 12/10/99 – 3/20/00

10A: Born 6/30/99 – 12/3/99

12:20-12:40pm Open Stretch

12:40-12:50pm Warm-up Flight A

12:50-1:00pm March In

1:00-3:40pm Competition

3:40pm Awards

Saturday, December 5th, 2009

Session Four: Level 5's 7-8A, 7-8B, 9A

7-8A: Born 4/3/01 – 12/10/01

7-8B: Born 12/7/00 – 4/2/01

9A: Born 7/6/00 – 12/6/00

4:10-4:30pm Open Stretch

4:30-4:40pm Warm-up Flight A

4:40-4:50pm March In

4:50-7:10pm Competition

7:10pm Awards/Level 5 Team Awards

Final Schedule

Sunday, December 6th, 2009

Session Five: Level 6's 11B, 12, 13+

11B: Born 12/8/97 – 5/10/98

12: Born 12/7/96 – 12/6/97

13+: Born before 12/7/96

9:00-9:20am Open Stretch

9:20-9:30am Warm-up Flight A

9:30-9:40am March In

9:40-12:40pm Competition

12:40pm Awards

Sunday, December 6th, 2009

Session Six: Level 6's 8-9, 10A, 10B, 11A

8-9: Born after 12/7/99

10A: Born 6/24/99 – 11/21/99

10B: Born 12/8/98 – 6/23/99

11A: Born 5/11/98 – 11/28/98

1:00-1:20pm Open Stretch

1:20-1:30pm Warm-up Flight A

1:30-1:40pm March In

1:40-4:40pm Competition

4:40pm Awards/Level 6 Team Awards