



USAG Level 2, 3 & Prep Opt State Meet
April 11-13, 2008
Hosted by Kozeev's World of Gymnastics

FRIDAY, APRIL 11th

Session 1 - Level 2

Traditional Format

60 Gymnasts

Aiken, Carolina, Choice, Columbia Academy, Dance South, East Cooper, Greenwood, Kozeev's, Lake Murray, Spartanburg, Summerville, Sumter YMCA, Tapio

12:00-12:15 Open Stretch
12:15-12:45 Timed Warm Up
12:45-1:00 March In
1:00-2:00 Competition
2:00 Awards

Session 2 - Level 3

Traditional Format

53 Gymnasts

AGC, Aiken, All Star, Carolina, Dance South, Kozeev's, Summerville, Wateree

2:30-2:45 Open Stretch
2:45-3:15 Timed Warm Up
3:15-3:30 March In
3:30-4:30 Competition
4:30 Awards

Session 3 - Level 3

Traditional Format

48 Gymnasts

Choice, Columbia, East Cooper, Elite, Greenwood, Lake Murray, Spartanburg, Sumter YMCA, Tapio, Upstate

5:00-5:30 Open Stretch
5:30-6:00 Timed Warm Up
6:00-6:15 March In
6:15-7:15 Competition
7:15 Awards



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SATURDAY, APRIL 12th

Session 4 PO 1 (ages 7, 8, 9, 12-up) Traditional Format 59 Gymnasts
Aiken, Carolina, Charleston, Easley, Electric City, Greenville, Hartsville, Kozeev's, Olympia, Piedmont, Sunburst, Thomas, Upstate, Wateree

8:00–8:15 Open Stretch
8:15–9:30 Timed Warm Up
9:30–9:45 March In
9:45–11:45 Competition.
11:45 Awards

Session 5 PO 1 (ages 10, 11) Traditional Format 58 Gymnasts
PO 2 (age 13old - up)
Aiken, Carolina, Carolina Stars, Cayce, Charleston, Easley, Greenville, Greenwood, Gymnastics & More, Hartsville, Olympia, Piedmont, Thomas, Upstate

12:15–12:30 Open Stretch
12:30–1:45 Timed Warm Up
1:45–2:00 March In
2:00–4:15 Competition
4:15 Awards

Session 6 PO 2 (ages 8, 9, 10 11, 12, 13 young) Traditional Format 60 Gymnasts
Aiken, Carolina, Carolina Stars, Cayce, Charleston, Greenville, Greenwood, Gymnastics & More, Olympia, Piedmont, Sunburst, Thomas, Upstate

4:45–5:00 Open Stretch
5:00–6:00 Timed Warm Up
6:00–6:15 March In
6:15–8:15 Competition.
8:15 Awards



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SUNDAY, APRIL 13th

Session 7 PO Rookie (all ages)

Traditional Format

44 Gymnasts

Aiken, Carolina, Elite, Greenwood, Hartsville, Piedmont, Spartanburg

8:00–8:15 Open Stretch
8:15–9:15 Timed Warm Up
9:15–9:30 March In
9:30–11:30 Competition.
11:30 Awards

Session 8 PO 3 (ages 9,10,11,13+)

Capital Cup Format

46 Gymnasts

Aiken, Beach Team, Carolina, Charleston, Freedom Florence, Greenville, Gymnastics & More, Hartsville, Kozeev's, Lake Murray, Olympia, Sports Academy, Sunburst, Upstate

12:00–12:30 Open Stretch, Bar Setting
12:30–12:45 March In
12:45–3:45 Competition.
3:45 Awards

Session 9 PO 3 (age 12)

Capital Cup Format

34 Gymnasts

PO 4 (all)

Aiken, Beach Team, Carolina, Charleston, Greenwood, Gymnastics & More, Hartsville, Kozeev's, Olympia, Tapio, Upstate

4:15–4:45 Open Stretch, Bar Setting
4:45–5:00 March In
5:00–7:45 Competition
7:45 Awards