

# SWEETHEART INVITE

## Friday & Saturday, Feb. 15-16

### SESSION 1 – FRIDAY LEVEL 10

Rotation 1(10's)	VAULT	BARS	BEAM	FLOOR
	Internat'l 3	Roses 3	Superior 3	Wake 3
	Carolina Gym 3	Port City 2	Flip Force 1	Gym Counts 3
		Countryside 1	Gymini 1	
			Island's Y 1	

Rotation 2(10's)	VAULT	BARS	BEAM	FLOOR
	Docksiders 4	Docksiders 4	Docksiders 4	Kidsport 4
	Docksiders 1	Docksiders 1	Gym Company 1	RSG 1

TIMES:	Open Stretch	5:00pm	Rotation #1
	Coaches Meeting	5:15pm	Rotation #1 & 2
	Warm Ups- First Event	5:25-5:45pm	Rotation #1
	Open Stretch	5:25-5:45pm	Rotation #2
	March In	5:55pm	<b>ALL</b>
	Meet Start Time	6:00pm	1 <sup>st</sup> Event Rotation #1
			Warm Up Rotation #2
<b>Awards</b>	<b>At the conclusion of competition.</b>		

### SESSION 2 – SATURDAY LEVEL 9

Rotation 1	VAULT	BARS	BEAM	FLOOR
	Internat'l 4	Internat'l 4	Superior 4	Artistics 3
	RSG 1	Omega 1	Superior 1	Gym counts 3
	Flip Force 1	Carolina Gym 1		

Rotation 2	VAULT	BARS	BEAM	FLOOR
	Carroll 1	Docksiders 4	Internat'l 4	Roses 2
	Sonshine 1	Docksiders 2	Internat'l 2	Island Y 2
	Gymini 2			
	Gym Company 1			

TIMES:	Open Stretch	8:00am	Rotation #1
	Coaches Meeting	8:15am	Rotation 1&2
	Warm Ups – First Event	8:20-8:40am	Rotation #1
	Open Stretch	8:20-8:40am	Rotation #2
	March In	8:45am	<b>ALL</b>
	Meet Start Time	9:00am	1 <sup>st</sup> Event Rotation #1
			Warm Up 1 <sup>st</sup> Event Rotation 2
<b>Awards</b>	<b>At the conclusion of competition.</b>		

# Saturday, 7:00 PM COLLEGE MEET

## NC STATE WOLFPACK

hosts

Penn State, WM, Kent State

Come to Reynold's Coliseum after the level 7 session and cheer for your favorite college team or gymnast!  
It is sure to be an exciting night of gymnastics!

Wear your team warm-ups and be recognized for your attendance.  
The loudest group **in uniform** cheering at the meet will win pizza party.

See You There  
**GO PACK!!**

## SWEETHEART INVITE Sunday, February 17

### SESSION IV – LEVEL 8

Rotation 1	VAULT	BARS	BEAM	FLOOR
	Internat'l 4	Carroll 4	Gym Company 3	Gimini 4
	Internat'l 4	RSG 2	Port City 2	Gimini 1
		Acrosprot 1	Roses 2	Morgan's 3
		Gym Counts 1	Artistic 1	

Rotation 2	VAULT	BARS	BEAM	FLOOR
	Sonshine 3	Docksiders 4	Docksiders 4	Internat'l 4
	Omega 3	Docksiders 1	Docksiders 1	Island Y 2
	Superior 2	Flip Force 2	Carolina Gym 1	East Tn 2
		Foothills 1	Wake 2	

TIMES:	Open Stretch	8:00am	Rotation #1
	Coaches Meeting ALL	8:15am	Rotation #1 & 2
	Warm Ups- First Event	8:30-8:55am	Rotation #1
	Open Stretch	8:30-8:55am	Rotation #2

March In  
Meet Start Time

9:00am  
9:10am

**ALL**  
1<sup>st</sup> Event Rotation #1  
Warm Up Rotation #2

**Awards**

**At the conclusion of competition.**

### SESSION V – LEVEL 7B

Rotation 1	VAULT	BARS	BEAM	FLOOR
	Gymstrada 4	Gymstrada 4	Omega 4	Langley 4
	Flip Force 3	Gymstrada 4	Omega 4	Langley 1
				Morgan's 3

Rotation 2	VAULT	BARS	BEAM	FLOOR
	Sonshine 4	Roses 4	Sonshine 4	Wake 4
	Sonshine 1	Roses 2	Sonshine 1	Gym Company 2
	Acrosport 2		New Bern 2	

TIMES:

Open Stretch  
Coaches Meeting  
Warm Ups – First Event  
Open Stretch  
March In  
Meet Start Time

1:00pm  
1:25pm  
1:30-1:55pm  
1:30-1:55pm  
2:00pm  
2:10pm

Rotation #1  
Rotation 1&2  
Rotation #1  
Rotation #2  
**ALL**  
1<sup>st</sup> Event Rotation #1  
Warm Up 1<sup>st</sup> Event Rotation 2

**Awards**

**At the conclusion of competition.**