



2012 Metro Classic Schedule

North Metro Gymnastics Center
 109 Smokehill Lane Suite 150 Woodstock, Ga 30188
 770-384-8058 www.northmetrogymnastics.com

Session 1 - Traditional

Saturday, February 4th - AAU 2, AAU 3, PO 1

Squad A	Squad B	Squad C	Squad D
AAU 2 All Around 10 Devilrays 3 T & T 5	AAU 2 Cartersville 7 NWGA 6 T & T 5	AAU 3 Cartersville 12 Carters 2	AAU 3 Devilrays 9 PO1 Gym World 7

8:00-8:20 General Stretch

8:20-9:10 Timed Warm up

9:10-9:20 March in

9:20-10:45 Competition

Individual and Team Awards immediately follow.

Session2 - Traditional

Saturday, February 4th - AAU 4, AAU 5, PO2, PO 3

Squad A	Squad B	Squad C	Squad D
AAU 4 NMGC 10	AAU 4 Carters 4 AAU 5 NMGC 5	PO 2 Gym World 6 NMGC 2	PO 3 Gym World 4 NMGC 4

10:55-11:25 General Stretch

11:25-12:15 Timed Warm up

12:15-12:25

12:25-1:55 Competition

Individual and Team Awards immediately follow

Session 3 - Traditional

Saturday, February 4th - USA Level 7 & Prep Opt Platinum

Squad A	Squad B	Squad C	Squad D
Level 7 NMGC 9 American Elite 1	Level 7 Perimeter Gymnastics 5 Alabama Elite 4	Level 7 All Around -10	PO Plat Cartersville 5 NWGA 1 Level 7 All Around 4

2:10-2:40 General Stretch

2:40-3:40 Timed Warm up

3:40-3:50 March in

3:50-5:30 Competition

Individual and Team Awards immediately follow
Session 4 - Capitol Cup
Saturday, February 4th - USA 10, 9, 8, USA Level 6 & 5

Squad A	Squad B	Squad C	Squad D
Level 8 NMGC 1 Level 9 NMGC 5 Level 10 Carters 1 NMGC 1	Level 8 Alabama Elite 3 All Around 6 Level 9 Perimeter Gym 1 Alabama Elite 1 Level 10 Alabama Elite 1	Gold T & T 9 Level 5 Perimeter 5	Level 5 American Elite 3 Level 8 American Elite 3

5:40-6:10 General Stretch
6:10-6:28 Timed Warm up Rotation 1
6:28-6:40 March in
640-8:50 Competition
Individual and Team Awards immediately follow.

Session 4 - Traditional
Sunday - February 5th - USA 4, Prep Opt Bronze & Silver

Squad A	Squad B	Squad C	Squad D
USA 4 American Elite 2 PO Silver T & T 8	PO Silver NWGA 7 PO Gold Perimeter 4	PO Gold NWGA 5 PO Bronze NGGA 8	PO Bronze T & T 15

8:30-9:00 Warm up
9:00-9:50 Timed Warm up
9:50-10:00 March in
10:00-11:30 Competition
Individual and Team Awards immediately follow.



Directions

From Atlanta:

Travel North on I-75 and take I-575 North (Exit 268). Continue on I-575 for 7 miles and take Exit 7 (Highway 92). Take a right off the exit and travel about 2 miles. Make a right onto Hames Road (the Race Track gas station will be on your right). Make a right into the Hames Business Park. Take the first left and NMGC is down on the right.

From GA 400 / Roswell / Alpharetta:

Travel West on Highway 92 for 12 miles. Make a left onto Hames Road (look for the Race Track gas station on your right). Make a right into the Hames Business Park. Take the first left and NMGC is down on the right.

From Canton:

Travel South on I-575 and take Exit 7 (Highway 92). Take a left off the exit and travel about 2 miles. Make a right onto Hames Road (the Race Track gas station is on your right). Make a right into the Hames Business Park. Take the first left and NMGC is down on the right.

DO NOT USE MAPQUEST OR YOUR GPS SYSTEM FOR DIRECTIONS - YOU WILL NOT GET HERE!

PLEASE FOLLOW THESE DIRECTIONS. For further directions, please call the gym at **770-384-8058**