



**March 18th & 19th, 2011**

**Cookeville High School**

**2011 TENNESSEE STATE CHAMPIONSHIP  
FINAL SCHEDULE  
Cookeville High School  
\*\*Central time zone\*\***

**Friday March 18, 2011**

**State Meeting:**

5:00 – 6:00pm- Coaches State Meeting

**Open Workout: (Level 5 -10)**

6:00 – 6:30pm - Open Stretch  
6:30 – 8:30pm- Open Workout

**Saturday March 19, 2011**

**Session One: Level 5 & 6** (Modified Capitol Cup, 71 gymnasts)

8:00 – 8:20 - General Stretch  
8:20 – 8:30 - Introductions  
8:30 – 12:00- Warm up & Compete  
Awards to follow

**REGIONAL CHAMPIONSHIP  
REGISTRATION TO FOLLOW  
AWARDS**

**Session Two: Level 7 – 10** (Modified Capitol Cup, 6 Events, One Judge Panel, 38 gymnasts)

12:30 – 12:50- General Stretch  
12:50 – 1:00- Introductions  
1:00 – 4:00 - Warm up & compete  
Awards to follow

**REGIONAL CHAMPIONSHIP  
REGISTRATION TO FOLLOW  
AWARDS**

**Session Three: Level 4** (Modified Capitol Cup, One Touch, 73 gymnasts)

4:30 – 4:50- General Stretch  
4:50 – 5:00– Introductions  
5:00 – 9:00- One touch warm up & Competition  
Awards to follow

**HOST HOTEL**

**Country Inn & Suites**  
1131 South Jefferson Ave  
Cookeville, TN 38501  
(931) 520-3800

\$65.00/ night - 2 Queens or a King

Deadline:  
**March 6th**

# DIRECTIONS

## **From Nashville/Memphis**

Take I-40 towards Knoxville  
Take Exit 287- Cookeville exit ( hwy 136/ S Jefferson)  
Turn Left onto Jefferson- stay on Jefferson approx. 2miles  
Turn Right onto E. Spring St.  
Turn Left at next street onto S Washington  
Take Washington approx. 2 miles to Cookeville High School on Right  
Cookeville High School  
2335 N Washington  
Cookeville ,TN 38501

## **From Knoxville**

Take I-40 towards Nashville  
Take Exit 287- Cookeville exit ( hwy 136/ S Jefferson)  
Turn Right onto Jefferson- stay on Jefferson approx. 2miles  
Turn Right onto E. Spring St.  
Turn Left at next street onto S Washington  
Take Washington approx. 2 miles to Cookeville High School on Right  
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Cookeville ,TN 38501

## **From Chattanooga**

Take US-27 North  
Take Hwy 111 Towards Sparta/Cookeville)  
Take I-40 towards Nashville  
Take Exit 287- Cookeville exit ( hwy 136/ S Jefferson)  
Turn Right onto Jefferson- stay on Jefferson approx. 2miles  
Turn Right onto E. Spring St.  
Turn Left at next street onto S Washington  
Take Washington approx. 2 miles to Cookeville High School on Right  
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