

2023 NorCal Level 4 & 5 State Gymnastics Championships

(YOUNGEST to OLDEST within level)

Fri, November 17		Saturday, November 18		
Sess 1 – LEVEL 4	Sess 2 – LEVEL 4	Sess 3 – LEVEL 4	Sess 4 – LEVEL 4	Sess 5 – LEVEL 4
Open Stretch 1:30 pm	Open Stretch 5:30 pm	Open Stretch 8:00 am	Open Stretch 11:30 am	Open Stretch 3:00 pm
March In 1:50 pm	March In 5:50 pm	March In 8:20 am	March In 11:50 am	March In 3:20 pm
Age Groups Child A-F	Age Groups Child G-L	Age Groups Junior A-E	Age Groups Junior F-J	Age Groups Senior A-E
7 yrs to younger 9 yrs	older 9 to younger 10 yrs	mid 10 yrs	older 10 to younger 11 yrs	mid 11 yrs
Birthdate Range 4-22-14 to 12-31-16	Birthdate Range 9-12-13 to 4-21-14	Birthdate Range 4-12-13 to 9-11-13	Birthdate Range 9-22-12 to 4-11-13	Birthdate Range 12-26-11 to 9-21-12

Sat, Nov 18	Sunday, November 19 (all L5)		
Sess 6 – LEVEL 4	Sess 7 – LEVEL 5	Sess 8 – LEVEL 5	Sess 9 – LEVEL 5
Open Stretch 6:30 pm	Open Stretch 8:00 am	Open Stretch 11:30 am	Open Stretch 3:00 pm
March In 6:50 pm	March In 8:20 am	March In 11:50 am	March In 3:20 pm
Age Groups Senior F-J	Age Groups Child A-E	Age Groups Junior A-E	Age Groups Senior A-E
older 11 yrs & older	8 yrs to younger 11 yrs	older 11 to younger 12 yrs	older 12 yrs & older
Birthdate Range 1-1-07 to 12-25-11	Birthdate Range 9-14-12 to 12-31-14	Birthdate Range 7-5-11 to 9-13-12	Birthdate Range 1-1-07 to 7-4-11

Admission Prices			Meet Location	Hotels & Info
Doors open 2:00 Fri & 7:30 Sat/Sun	Single Session	Per Day	Capital Sports Center 5209-A Luce Avenue McClellan, CA 95652	See website www.TechniqueGym.com
Adults (16+)	\$15	\$25		
Kids (6-15) or Seniors (65+)	\$10	\$15		
Kids 5 & under	Free	Free		

Current as of 11/11/2023