



2024 Schedule of Events

FRIDAY

GYM A (MODIFIED CAPITAL CUP)		GYM B (MODIFIED TRADITIONAL)	
Session #1	Level 6/7 A	Session #2	Level 4/5 A
CHECK IN/ GENERAL STRETCH	8:00 AM	CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM	INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM	TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:50 AM	COMPETITION BEGINS	8:43 AM
AWARDS	1:00 PM	AWARDS	11:10 AM
Session #3	Level 9/10 A	Session #4	Level 4/5 B
CHECK IN/ GENERAL STRETCH	1:15 PM	CHECK IN/ GENERAL STRETCH	11:15 AM
INTRODUCTIONS	1:35 PM	INTRODUCTIONS	11:35 AM
TIMED WARM UP	1:45 PM	TIMED WARM UP	11:45 AM
COMPETITION BEGINS	2:03 PM	COMPETITION BEGINS	11:58 AM
AWARDS	4:25 PM	AWARDS	2:25 PM
Session #5	Level Xcel Plat/Diam A	Session #6	Level XB
CHECK IN/ GENERAL STRETCH	4:30 PM	CHECK IN/ GENERAL STRETCH	2:30 PM
INTRODUCTIONS	4:50 PM	INTRODUCTIONS	2:50 PM
TIMED WARM UP	5:00 PM	TIMED WARM UP	3:00 PM
COMPETITION BEGINS	5:14 PM	COMPETITION BEGINS	3:06 PM
AWARDS	7:50 PM	AWARDS	4:40 PM
		Session #7	Level 3 A
		CHECK IN/ GENERAL STRETCH	4:45 PM
		INTRODUCTIONS	5:05 PM
		TIMED WARM UP	5:15 PM
		COMPETITION BEGINS	5:24 PM
		AWARDS	7:00 PM