



2024 Schedule of Events

SATURDAY

GYM A
(MODIFIED CAPITAL CUP)

GYM B
(MODIFIED TRADITIONAL)

Session #8 **Level 8**

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:50 AM
AWARDS	12:05 PM

Session #9 **Level 3 B**

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:41 AM
AWARDS	10:40 AM

Session #10 **Level 9/10 B**

CHECK IN/ GENERAL STRETCH	12:15 PM
INTRODUCTIONS	12:35 PM
TIMED WARM UP	12:45 PM
COMPETITION BEGINS	1:03 PM
AWARDS	4:00 PM

Session #11 **Level 1/2**

CHECK IN/ GENERAL STRETCH	10:45 AM
INTRODUCTIONS	11:05 AM
TIMED WARM UP	11:15 AM
COMPETITION BEGINS	11:23 AM
AWARDS	1:15 PM

Session #12 **Level 6/7 B**

CHECK IN/ GENERAL STRETCH	4:15 PM
INTRODUCTIONS	4:35 PM
TIMED WARM UP	4:45 PM
COMPETITION BEGINS	5:05 PM
AWARDS	9:00 PM

Session #13 **Level XS A**

CHECK IN/ GENERAL STRETCH	1:30 PM
INTRODUCTIONS	1:50 PM
TIMED WARM UP	2:00 PM
COMPETITION BEGINS	2:07 PM
AWARDS	3:25 PM

Session #14 **Level XS B**

CHECK IN/ GENERAL STRETCH	3:30 PM
INTRODUCTIONS	3:50 PM
TIMED WARM UP	4:00 PM
COMPETITION BEGINS	4:11 PM
AWARDS	6:10 PM