



2024 Schedule of Events

FRIDAY

GYM A (MODIFIED CAPITAL CUP)		GYM B (MODIFIED CAPITAL CUP)	
Session #1	Level XG A	Session #2	Level XB/XS
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	8:43 AM	COMPETITION BEGINS	8:36 AM
AWARDS	11:35 AM	AWARDS	11:05 AM
Session #3	Level XG B	Session #4	Level 3
CHECK IN/ GENERAL STRETCH	12:15 PM	CHECK IN/ GENERAL STRETCH	11:45 AM
INTRODUCTIONS	12:35 PM	INTRODUCTIONS	12:05 PM
TIMED WARM UP	12:45 PM	TIMED WARM UP	12:15 PM
COMPETITION BEGINS	12:58 PM	COMPETITION BEGINS	12:24 PM
AWARDS	4:25 PM	AWARDS	2:50 PM
Session #5	Level XS/XG	Session #6	Level XB
CHECK IN/ GENERAL STRETCH	5:15 PM	CHECK IN/ GENERAL STRETCH	3:30 PM
INTRODUCTIONS	5:35 PM	INTRODUCTIONS	3:50 PM
TIMED WARM UP	5:45 PM	TIMED WARM UP	4:00 PM
COMPETITION BEGINS	5:59 PM	COMPETITION BEGINS	4:05 PM
AWARDS	9:00 PM	AWARDS	5:55 PM
		Session #7	Level XS A
		CHECK IN/ GENERAL STRETCH	6:30 PM
		INTRODUCTIONS	6:50 PM
		TIMED WARM UP	7:00 PM
		COMPETITION BEGINS	7:08 PM
		AWARDS	9:25 PM