



2024 Schedule of Events

SUNDAY

GYM A
(MODIFIED CAPITAL CUP)

GYM B
(MODIFIED TRADITIONAL)

Session #14	Level 6
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:45 AM
AWARDS	12:00 PM

Session #15	Boys Level 3
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:40 AM
AWARDS	10:50 AM

Session #16	Level 7
CHECK IN/ GENERAL STRETCH	12:30 PM
INTRODUCTIONS	12:50 PM
TIMED WARM UP	1:00 PM
COMPETITION BEGINS	1:17 PM
AWARDS	4:30 PM

Session #17	Boys Level 4
CHECK IN/ GENERAL STRETCH	11:30 AM
INTRODUCTIONS	11:50 AM
TIMED WARM UP	12:00 PM
COMPETITION BEGINS	12:10 PM
AWARDS	2:20 PM

Session #18	Fun Meet
CHECK IN/ GENERAL STRETCH	5:00 PM
INTRODUCTIONS	5:20 PM
TIMED WARM UP	5:30 PM
COMPETITION BEGINS	5:39 PM
AWARDS	8:00 PM

Session #19	Boys Level 5-7
CHECK IN/ GENERAL STRETCH	3:00 PM
INTRODUCTIONS	3:20 PM
TIMED WARM UP	3:30 PM
COMPETITION BEGINS	3:43 PM
AWARDS	6:35 PM