



**Cereal City Classic**  
A tradition of excellence

## 2026 Schedule of Events

### FRIDAY

#### GYM A (MODIFIED CAPITAL CUP)

Session #1	Level 3
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:39 AM
AWARDS	11:05 AM

Session #3	Level 6/7
CHECK IN/ GENERAL STRETCH	11:45 AM
INTRODUCTIONS	12:05 PM
TIMED WARM UP	12:15 PM
COMPETITION BEGINS	12:32 PM
AWARDS	4:00 PM

Session #5	Level 4/5
CHECK IN/ GENERAL STRETCH	4:45 PM
INTRODUCTIONS	5:05 PM
TIMED WARM UP	5:15 PM
COMPETITION BEGINS	5:27 PM
AWARDS	8:35 PM

#### GYM B (MODIFIED CAPITAL CUP)

Session #2	Xcel Gold A
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:43 AM
AWARDS	12:05 PM

Session #4	Xcel Gold B
CHECK IN/ GENERAL STRETCH	12:45 PM
INTRODUCTIONS	1:05 PM
TIMED WARM UP	1:15 PM
COMPETITION BEGINS	1:26 PM
AWARDS	4:35 PM

Session #6	Xcel Silver/Xcel Gold
CHECK IN/ GENERAL STRETCH	5:15 PM
INTRODUCTIONS	5:35 PM
TIMED WARM UP	5:45 PM
COMPETITION BEGINS	5:58 PM
AWARDS	8:45 PM