



2017 Atlantis Crown Schedule of Events

FRIDAY

GYM A (MODIFIED CAPITAL CUP)

Session #1

Level 8A

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:46am
AWARDS	12:15pm

Session #3

Level 9

CHECK IN/GENERAL STRETCH	12:30pm
INTRODUCTIONS	12:50pm
TIMED WARM UP	1:00pm
COMPETITION BEGINS	1:18pm
AWARDS	5:15pm

Session #5

Level 10

CHECK IN/GENERAL STRETCH	5:30pm
INTRODUCTIONS	5:50pm
TIMED WARM UP	6:00pm
COMPETITION BEGINS	6:16pm
AWARDS	9:45pm

GYM B (MODIFIED TRADITIONAL)

Session #2

Level 1/2

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:39am
AWARDS	11:15am

Session #4

Level 3/XB - A

CHECK IN/GENERAL STRETCH	11:30am
INTRODUCTIONS	11:50am
TIMED WARM UP	12:00pm
COMPETITION BEGINS	12:12pm
AWARDS	2:45pm

Session #6

Level 3/XB - B

CHECK IN/GENERAL STRETCH	3:00pm
INTRODUCTIONS	3:20pm
TIMED WARM UP	3:30pm
COMPETITION BEGINS	3:42pm
AWARDS	6:10pm



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SATURDAY

GYM A (MODIFIED CAPITAL CUP)

Session #7

Level 8B

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:46am
AWARDS	12:15pm

Session #9

Level 9/10

CHECK IN/GENERAL STRETCH	12:30pm
INTRODUCTIONS	12:50pm
TIMED WARM UP	1:00pm
COMPETITION BEGINS	1:16pm
AWARDS	4:45pm

Session #11

Level 7B

CHECK IN/GENERAL STRETCH	5:00pm
INTRODUCTIONS	5:20pm
TIMED WARM UP	5:30pm
COMPETITION BEGINS	5:47pm
AWARDS	9:45pm

GYM B (MODIFIED TRADITIONAL)

Session #8

Level 7A

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:51am
AWARDS	12:30pm

Session #10

Level 6A

CHECK IN/GENERAL STRETCH	12:30pm
TIMED WARM UP	12:50pm
INTRODUCTIONS	1:00pm
COMPETITION BEGINS	1:24pm
AWARDS	5:30pm

Session #12

Level 6B

CHECK IN/GENERAL STRETCH	5:30pm
TIMED WARM UP	5:50pm
INTRODUCTIONS	6:00pm
COMPETITION BEGINS	6:23pm
AWARDS	10:15pm



2017 Atlantis Crown Schedule of Events



SUNDAY

GYM A
(MODIFIED CAPITAL CUP)

GYM B
(MODIFIED TRADITIONAL)

Session #13

Level 4

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:40am
AWARDS	11:30am

Session #15

Level 4/5

CHECK IN/GENERAL STRETCH	12:00pm
INTRODUCTIONS	12:20pm
TIMED WARM UP	12:30pm
COMPETITION BEGINS	12:40pm
AWARDS	3:30pm

Session #17

Xcel Platinum/Diamond

CHECK IN/GENERAL STRETCH	3:45pm
INTRODUCTIONS	4:05pm
TIMED WARM UP	4:15pm
COMPETITION BEGINS	4:31pm
AWARDS	8:00pm

Session #14

Xcel Gold

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:46am
AWARDS	12:45pm

Session #16

Xcel Silver

CHECK IN/GENERAL STRETCH	12:45pm
TIMED WARM UP	1:05pm
INTRODUCTIONS	1:15pm
COMPETITION BEGINS	1:26pm
AWARDS	4:45pm