



# 2019 Atlantis Crown Schedule of Events



## FRIDAY

### GYM A (MODIFIED CAPITAL CUP)

### GYM B (MODIFIED TRADITIONAL)

#### Session #1     **Level 6/7 A**

CHECK IN/GENERAL STRETCH     8:00am  
 INTRODUCTIONS     8:20am  
 TIMED WARM UP     8:30am  
 COMPETITION BEGINS     8:44am  
 AWARDS     11:40am

#### Session #3     **Level 6/7 B**

CHECK IN/GENERAL STRETCH     11:45am  
 INTRODUCTIONS     12:05pm  
 TIMED WARM UP     12:15pm  
 COMPETITION BEGINS     12:29pm  
 AWARDS     3:25pm

#### Session #5     **Level 9/10 A**

CHECK IN/GENERAL STRETCH     3:30pm  
 INTRODUCTIONS     3:50pm  
 TIMED WARM UP     4:00pm  
 COMPETITION BEGINS     4:15pm  
 AWARDS     6:55pm

#### Session #8     **Level 8 A**

CHECK IN/GENERAL STRETCH     7:00pm  
 INTRODUCTIONS     7:20pm  
 TIMED WARM UP     7:30pm  
 COMPETITION BEGINS     7:42pm  
 AWARDS     10:00pm

#### Session #2     **Level 3**

CHECK IN/GENERAL STRETCH     8:00am  
 INTRODUCTIONS     8:20am  
 TIMED WARM UP     8:30am  
 COMPETITION BEGINS     8:44am  
 AWARDS     11:20am

#### Session #4     **Level 1/2**

CHECK IN/GENERAL STRETCH     11:30am  
 INTRODUCTIONS     11:50am  
 TIMED WARM UP     12:00pm  
 COMPETITION BEGINS     12:07pm  
 AWARDS     1:25pm

#### Session #6     **Level 4 A**

CHECK IN/GENERAL STRETCH     1:30pm  
 INTRODUCTIONS     1:50pm  
 TIMED WARM UP     2:00pm  
 COMPETITION BEGINS     2:14pm  
 AWARDS     4:50pm

#### Session #7     **Level 5**

CHECK IN/GENERAL STRETCH     5:00pm  
 INTRODUCTIONS     5:20pm  
 TIMED WARM UP     5:30pm  
 COMPETITION BEGINS     5:42pm  
 AWARDS     8:00pm



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## SATURDAY

### GYM A (MODIFIED CAPITAL CUP)

Session #9	<b>Level 6/7 C</b>	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:45am	
AWARDS	11:50am	

Session #11	<b>Level 9/10B</b>	
CHECK IN/GENERAL STRETCH	12:00pm	
INTRODUCTIONS	12:20pm	
TIMED WARM UP	12:30pm	
COMPETITION BEGINS	12:48pm	
AWARDS	4:00pm	

Session #14	<b>Level 8 B</b>	
CHECK IN/GENERAL STRETCH	4:15pm	
INTRODUCTIONS	4:35pm	
TIMED WARM UP	4:45pm	
COMPETITION BEGINS	5:01pm	
AWARDS	7:30pm	

### GYM B (MODIFIED TRADITIONAL)

Session #10	<b>Level 4 B</b>	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:45am	
AWARDS	11:40am	

Session #12	<b>Level 2 &amp; Xcel Bronze</b>	
CHECK IN/GENERAL STRETCH	11:45am	
INTRODUCTIONS	12:05pm	
TIMED WARM UP	12:15pm	
COMPETITION BEGINS	12:22pm	
AWARDS	1:45pm	

Session #13	<b>Xcel Silver</b>	
CHECK IN/GENERAL STRETCH	2:00pm	
INTRODUCTIONS	2:20pm	
TIMED WARM UP	2:30pm	
COMPETITION BEGINS	2:43pm	
AWARDS	5:10pm	

**Boy's Open Training**  
**6:30pm – 8:30pm**



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## SUNDAY

### GYM A (MODIFIED CAPITAL CUP)

Session #15	<b>Xcel Gold</b>	
CHECK IN/GENERAL STRETCH		8:00am
INTRODUCTIONS		8:20am
TIMED WARM UP		8:30am
COMPETITION BEGINS		8:42am
AWARDS		11:50am

### Session #17 **Xcel Platinum & Xcel Diamond**

CHECK IN/GENERAL STRETCH		12:00pm
INTRODUCTIONS		12:20pm
TIMED WARM UP		12:30pm
COMPETITION BEGINS		12:47pm
AWARDS		4:00pm

### GYM B (MODIFIED TRADITIONAL)

Session #16	<b>Boys Level 4-1/4-2 &amp; Level 5-1/5-2</b>	
CHECK IN/GENERAL STRETCH		8:00am
INTRODUCTIONS		8:20am
TIMED WARM UP		8:30am
COMPETITION BEGINS		8:42am
AWARDS		11:30am

### Session #18 **Boys Level 6-10 & JD**

CHECK IN/GENERAL STRETCH		12:00pm
INTRODUCTIONS		12:20pm
TIMED WARM UP		12:30pm
COMPETITION BEGINS		12:45pm
AWARDS		4:45pm