



2022 Atlantis Crown Schedule of Events



FRIDAY

GYM A (MODIFIED CAPITAL CUP)

Session #1	Level 8 A	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:44am	
AWARDS	10:50am	

Session #3	Level 9, 10, & Elite	
CHECK IN/GENERAL STRETCH	10:55am	
INTRODUCTIONS	11:15am	
TIMED WARM UP	11:25am	
COMPETITION BEGINS	11:43am	
AWARDS	2:10pm	

Session #5	Level 9 & 10 A	
CHECK IN/GENERAL STRETCH	2:15pm	
INTRODUCTIONS	2:35pm	
TIMED WARM UP	2:45pm	
COMPETITION BEGINS	3:05pm	
AWARDS	5:40pm	

Session #7	Level 9 & 10 B	
CHECK IN/GENERAL STRETCH	5:45pm	
INTRODUCTIONS	6:05pm	
TIMED WARM UP	6:15pm	
COMPETITION BEGINS	6:35pm	
AWARDS	9:20pm	

GYM B (MODIFIED TRADITIONAL)

Session #2	Level 3	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:40am	
AWARDS	10:35am	

Session #4	Level 1, 2, & Xcel Bronze	
CHECK IN/GENERAL STRETCH	10:45am	
INTRODUCTIONS	11:05am	
TIMED WARM UP	11:15am	
COMPETITION BEGINS	11:24am	
AWARDS	1:05pm	

Session #6	Level 4	
CHECK IN/GENERAL STRETCH	1:15pm	
INTRODUCTIONS	1:35pm	
TIMED WARM UP	1:45pm	
COMPETITION BEGINS	2:01pm	
AWARDS	5:00pm	

Session #8	Level 5	
CHECK IN/GENERAL STRETCH	5:15pm	
INTRODUCTIONS	5:35pm	
TIMED WARM UP	5:45pm	
COMPETITION BEGINS	5:56pm	
AWARDS	8:00pm	



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SATURDAY

GYM A (MODIFIED CAPITAL CUP)

Session #9	Level 6/7 A	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:47am	
AWARDS	12:20pm	

Session #11	Xcel Diamond	
CHECK IN/GENERAL STRETCH	12:30pm	
INTRODUCTIONS	12:50pm	
TIMED WARM UP	1:00pm	
COMPETITION BEGINS	1:16pm	
AWARDS	3:40pm	

Session #13	Level 8 B	
CHECK IN/GENERAL STRETCH	3:45pm	
INTRODUCTIONS	4:05pm	
TIMED WARM UP	4:15pm	
COMPETITION BEGINS	4:31pm	
AWARDS	6:55pm	

GYM B (MODIFIED TRADITIONAL)

Session #10	Xcel Silver	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:43am	
AWARDS	11:10am	

Session #12	Xcel Gold	
CHECK IN/GENERAL STRETCH	11:15am	
INTRODUCTIONS	11:35am	
TIMED WARM UP	11:45am	
COMPETITION BEGINS	12:01pm	
AWARDS	3:00pm	

Session #14	Xcel Platinum	
CHECK IN/GENERAL STRETCH	3:15pm	
INTRODUCTIONS	3:35pm	
TIMED WARM UP	3:45pm	
COMPETITION BEGINS	3:56pm	
AWARDS	5:45pm	



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SUNDAY

GYM A (MODIFIED CAPITAL CUP)

Session #15	Level 6/7 B
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:47am
AWARDS	11:55am

Session #17	Xcel Gold & Xcel Platinum
CHECK IN/GENERAL STRETCH	12:00pm
INTRODUCTIONS	12:20pm
TIMED WARM UP	12:30pm
COMPETITION BEGINS	12:41pm
AWARDS	3:25pm

Session #19	Level 6/7 C
CHECK IN/GENERAL STRETCH	3:30pm
INTRODUCTIONS	3:50pm
TIMED WARM UP	4:00pm
COMPETITION BEGINS	4:14pm
AWARDS	7:20pm

GYM B (MODIFIED TRADITIONAL)

Session #16	BOYS Level 3, 4, & 5
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:42am
AWARDS	12:10pm

Session #18	BOYS Level 6, 7, & 8
CHECK IN/GENERAL STRETCH	12:15pm
INTRODUCTIONS	12:35pm
TIMED WARM UP	12:45pm
COMPETITION BEGINS	12:57pm
AWARDS	3:40pm

Session #20	BOYS Level 9, 10, & Elite
CHECK IN/GENERAL STRETCH	3:45pm
INTRODUCTIONS	4:05pm
TIMED WARM UP	4:15pm
COMPETITION BEGINS	4:27pm
AWARDS	7:05pm

