



2023 Schedule of Events

FRIDAY

GYM A (MODIFIED CAPITAL CUP)		GYM B (MODIFIED TRADITIONAL)	
Session #1	Level 6/7 A	Session #2	Level 4 A
CHECK IN/ GENERAL STRETCH	7:30 AM	CHECK IN/ GENERAL STRETCH	7:30 AM
INTRODUCTIONS	7:50 AM	INTRODUCTIONS	7:50 AM
TIMED WARM UP	8:00 AM	TIMED WARM UP	8:00 AM
COMPETITION BEGINS	8:17 AM	COMPETITION BEGINS	8:12 AM
AWARDS	11:50 AM	AWARDS	10:25 AM
Session #3	Level 9/10 A	Session #4	Level 5
CHECK IN/ GENERAL STRETCH	12:00 PM	CHECK IN/ GENERAL STRETCH	10:30 AM
INTRODUCTIONS	12:20 PM	INTRODUCTIONS	10:50 AM
TIMED WARM UP	12:30 PM	TIMED WARM UP	11:00 AM
COMPETITION BEGINS	12:50 PM	COMPETITION BEGINS	11:14 AM
AWARDS	3:25 PM	AWARDS	1:50 PM
Session #5	Level 8/9/XSa	Session #6	Level XB
CHECK IN/ GENERAL STRETCH	3:30 PM	CHECK IN/ GENERAL STRETCH	2:00 PM
INTRODUCTIONS	3:50 PM	INTRODUCTIONS	2:20 PM
TIMED WARM UP	4:00 PM	TIMED WARM UP	2:30 PM
COMPETITION BEGINS	4:18 PM	COMPETITION BEGINS	2:38 PM
AWARDS	7:05 PM	AWARDS	4:35 PM
		Session #7	Level 3
		CHECK IN/ GENERAL STRETCH	4:45 PM
		INTRODUCTIONS	5:05 PM
		TIMED WARM UP	5:15 PM
		COMPETITION BEGINS	5:31 PM
		AWARDS	8:30 PM