



# 2023 Schedule of Events

## SATURDAY

GYM A (MODIFIED CAPITAL CUP)		GYM B (MODIFIED TRADITIONAL)	
<b>Session #8</b>	<b>Level XP/XD A</b>	<b>Session #9</b>	<b>Level 4 B</b>
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	8:22 AM	COMPETITION BEGINS	8:11 AM
AWARDS	11:50 AM	AWARDS	10:15 AM
<b>Session #10</b>	<b>Level 9/10 B</b>	<b>Session #11</b>	<b>Level 1/2</b>
CHECK IN/ GENERAL STRETCH	11:55 AM	CHECK IN/ GENERAL STRETCH	10:20 AM
INTRODUCTIONS	12:15 PM	INTRODUCTIONS	10:40 AM
TIMED WARM UP	12:25 PM	TIMED WARM UP	10:50 AM
COMPETITION BEGINS	12:45 PM	COMPETITION BEGINS	10:57 AM
AWARDS	3:30 PM	AWARDS	12:15 PM
<b>Session #12</b>	<b>Level XG B</b>	<b>Session #13</b>	<b>Level XS A</b>
CHECK IN/ GENERAL STRETCH	3:35 PM	CHECK IN/ GENERAL STRETCH	12:20 PM
INTRODUCTIONS	3:55 PM	INTRODUCTIONS	12:40 PM
TIMED WARM UP	4:05 PM	TIMED WARM UP	12:50 PM
COMPETITION BEGINS	4:21 PM	COMPETITION BEGINS	1:01 PM
AWARDS	8:30 PM	AWARDS	3:10 PM
		<b>Session #14</b>	<b>Level XG A</b>
		CHECK IN/ GENERAL STRETCH	3:15 PM
		INTRODUCTIONS	3:35 PM
		TIMED WARM UP	3:45 PM
		COMPETITION BEGINS	3:53 PM
		AWARDS	5:20 PM
		<b>WMU College Intersquad</b>	
		TIMED WARM UP	5:30 PM
		COMPETITION BEGINS	7:00 PM- 8:30 PM