



2023 Schedule of Events

SUNDAY

GYM A
(MODIFIED CAPITAL CUP)

GYM B
(MODIFIED TRADITIONAL)

Session #15	Level 8
CHECK IN/ GENERAL STRETCH	7:30 AM
INTRODUCTIONS	7:50 AM
TIMED WARM UP	8:00 AM
COMPETITION BEGINS	8:16 AM
AWARDS	10:50 AM

Session #16	Level XS A
CHECK IN/ GENERAL STRETCH	7:30 AM
INTRODUCTIONS	7:50 AM
TIMED WARM UP	8:00 AM
COMPETITION BEGINS	8:10 AM
AWARDS	10:00 AM

Session #17	Level XP/XD B
CHECK IN/ GENERAL STRETCH	10:55 AM
INTRODUCTIONS	11:15 AM
TIMED WARM UP	11:25 AM
COMPETITION BEGINS	11:44 AM
AWARDS	3:20 PM

Session #18	Level Boys 3-7
CHECK IN/ GENERAL STRETCH	12:15 PM
INTRODUCTIONS	12:35 PM
TIMED WARM UP	12:40 PM
COMPETITION BEGINS	12:55 PM
AWARDS	3:55 PM

Session #19	Level 6/7 B
CHECK IN/ GENERAL STRETCH	3:25 PM
INTRODUCTIONS	3:45 PM
TIMED WARM UP	3:55 PM
COMPETITION BEGINS	4:13 PM
AWARDS	8:10 PM

Session #20	Level Boys 8-10
CHECK IN/ GENERAL STRETCH	4:15 PM
INTRODUCTIONS	4:35 PM
TIMED WARM UP	4:40 PM
COMPETITION BEGINS	4:58 PM
AWARDS	8:35 PM