



# 2024 Schedule of Events

## SUNDAY

**GYM A**  
**(MODIFIED CAPITAL CUP)**

**GYM B**  
**(MODIFIED TRADITIONAL)**

**Session #15**      **Level Xcel Plat/Diam B**

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:48 AM
AWARDS	11:25 AM

**Session #16**      **Boys Level 3-10**

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:45 AM
AWARDS	12:05 PM

**Session #17**      **Level XG**

CHECK IN/ GENERAL STRETCH	11:30 AM
INTRODUCTIONS	11:50 AM
TIMED WARM UP	12:00 PM
COMPETITION BEGINS	12:11 PM
AWARDS	3:00 PM