



2025 Schedule of Events

FRIDAY

GYM A (MODIFIED CAPITAL CUP)

GYM B (MODIFIED TRADITIONAL)

Session #1 Level 6/7 A

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:50 AM
AWARDS	12:55 PM

Session #3 Level 9/10 A

CHECK IN/ GENERAL STRETCH	1:00 PM
INTRODUCTIONS	1:20 PM
TIMED WARM UP	1:30 PM
COMPETITION BEGINS	1:50 PM
AWARDS	4:45 PM

Session #5 Level Xcel Plat/Diam/XSa

CHECK IN/ GENERAL STRETCH	5:00 PM
INTRODUCTIONS	5:20 PM
TIMED WARM UP	5:30 PM
COMPETITION BEGINS	5:50 PM
AWARDS	9:45 PM

Session #2 Level 5

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:39 AM
AWARDS	10:20 AM

Session #4 Level 4

CHECK IN/ GENERAL STRETCH	10:30 AM
INTRODUCTIONS	10:50 AM
TIMED WARM UP	11:00 AM
COMPETITION BEGINS	11:19 AM
AWARDS	2:50 PM

Session #6 Level 1/2

CHECK IN/ GENERAL STRETCH	3:00 PM
INTRODUCTIONS	3:20 PM
TIMED WARM UP	3:30 PM
COMPETITION BEGINS	3:38 PM
AWARDS	5:35 PM

Session #7 Level 3

CHECK IN/ GENERAL STRETCH	5:45 PM
INTRODUCTIONS	6:05 PM
TIMED WARM UP	6:15 PM
COMPETITION BEGINS	6:30 PM
AWARDS	9:15 PM