



2025 Schedule of Events

SATURDAY

GYM A (MODIFIED CAPITAL CUP)

Session #8	Level 8
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:48 AM
AWARDS	11:55 AM

Session #10	Level 9/10 B
CHECK IN/ GENERAL STRETCH	12:00 PM
INTRODUCTIONS	12:20 PM
TIMED WARM UP	12:30 PM
COMPETITION BEGINS	12:48 PM
AWARDS	3:45 PM

Session #12	Level 6/7 B
CHECK IN/ GENERAL STRETCH	4:00 PM
INTRODUCTIONS	4:20 PM
TIMED WARM UP	4:30 PM
COMPETITION BEGINS	4:51 PM
AWARDS	9:25 PM

GYM B (MODIFIED TRADITIONAL)

Session #9	Level XB A
CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:35 AM
AWARDS	9:55 AM

Session #11	Level XB B
CHECK IN/ GENERAL STRETCH	10:00 AM
INTRODUCTIONS	10:20 AM
TIMED WARM UP	10:30 AM
COMPETITION BEGINS	10:36 AM
AWARDS	12:05 PM

Session #13	Level XS A
CHECK IN/ GENERAL STRETCH	12:15 PM
INTRODUCTIONS	12:35 PM
TIMED WARM UP	12:45 PM
COMPETITION BEGINS	12:54 PM
AWARDS	2:35 PM

Session #14	Level XG A
CHECK IN/ GENERAL STRETCH	2:45 PM
INTRODUCTIONS	3:05 PM
TIMED WARM UP	3:15 PM
COMPETITION BEGINS	3:24 PM
AWARDS	5:05 PM

Session #15	Level XG B
CHECK IN/ GENERAL STRETCH	5:15 PM
INTRODUCTIONS	5:35 PM
TIMED WARM UP	5:45 PM
COMPETITION BEGINS	5:58 PM
AWARDS	8:25 PM