



2025 Schedule of Events

SUNDAY

GYM A (MODIFIED CAPITAL CUP)

GYM B (MODIFIED TRADITIONAL)

Session #16 Level Xcel Plat/Diam

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:50 AM
AWARDS	12:25 PM

Session #18 Level XS B

CHECK IN/ GENERAL STRETCH	12:30 PM
INTRODUCTIONS	12:50 PM
TIMED WARM UP	1:00 PM
COMPETITION BEGINS	1:09 PM
AWARDS	3:45 PM

Session #20 Level XG C

CHECK IN/ GENERAL STRETCH	3:45 PM
INTRODUCTIONS	4:05 PM
TIMED WARM UP	4:15 PM
COMPETITION BEGINS	4:21 PM
AWARDS	6:00 PM

Session #17 Boys Level 3-5

CHECK IN/ GENERAL STRETCH	9:30 AM
INTRODUCTIONS	9:50 AM
TIMED WARM UP	9:55 AM
COMPETITION BEGINS	10:07 AM
AWARDS	12:30 PM

Session #19 Boys Level 6-10/XP

CHECK IN/ GENERAL STRETCH	1:00 PM
INTRODUCTIONS	1:20 PM
TIMED WARM UP	1:25 PM
COMPETITION BEGINS	1:37 PM
AWARDS	3:50 PM