



2016 Region 5 Level 8 Championships Competition Schedule Modified Capitol Cup Format

FRIDAY, April 15th				
Session 1	Senior E			64
9:00	-	9:20 Open Stretch	9:30	-
9:20	-	9:30 March In	12:50	9:46 Warm-Up - Flight A
				AWARDS
Session 2	Junior E			65
1:00	-	1:20 Open Stretch	1:30	-
1:20	-	1:30 March In	4:25	1:46 Warm-Up - Flight A
				AWARDS
Session 3	Senior D			64
4:35	-	4:55 Open Stretch	5:05	-
4:55	-	5:05 March In	8:00	5:21 Warm-Up - Flight A
				AWARDS
SATURDAY, April 16th				
Session 4	Junior D			64
8:00	-	8:20 Open Stretch	8:30	-
8:20	-	8:30 March In	11:25	8:46 Warm-Up - Flight A
				AWARDS
Session 5	Senior A			65
11:30	-	11:50 Open Stretch	12:00	-
11:50	-	12:00 March In	2:55	12:16 Warm-Up - Flight A
				AWARDS
Session 6	Junior A			65
3:00	-	3:20 Open Stretch	3:30	-
3:20	-	3:30 March In	6:25	3:46 Warm-Up - Flight A
				AWARDS
Session 7	Senior B			64
6:30	-	6:50 Open Stretch	7:00	-
6:50	-	7:00 March In	9:55	7:16 Warm-Up - Flight A
				AWARDS
SUNDAY, April 17th				
Session 8	Junior B			65
8:00	-	8:20 Open Stretch	8:30	-
8:20	-	8:30 March In	11:25	8:46 Warm-Up - Flight A
				AWARDS
Session 9	Senior C			64
11:40	-	12:00 Open Stretch	12:10	-
12:00	-	12:10 March In	3:10	12:21 Warm-Up - Flight A
				AWARDS
Session 10	Junior C			65
3:20	-	3:40 Open Stretch	3:50	-
3:40	-	3:50 March In	6:50	4:06 Warm-Up - Flight A
				AWARDS