



LEVEL 7 CHAMPIONSHIPS COMPETITION SCHEDULE

MODIFIED CAPITOL CUP FORMAT

SATURDAY, MAY 7TH

SESSION 1 – SENIOR 3 & SENIOR 4 80 ATHLETES

8:00 AM GENERAL STRETCH, 8:30 INTRODUCTIONS, 8:40 TIMED WARM-UP

SESSION 2 – JUNIOR 5 & SENIOR 5 80 ATHLETES

12:00 PM GENERAL STRETCH, 12:30 INTRODUCTIONS, 12:40 TIMED WARM-UP

SESSION 3 – JUNIOR 2 & SENIOR 2 81 ATHLETES

4:00 PM GENERAL STRETCH, 4:30 INTRODUCTIONS, 4:40 TIMED -UP

SUNDAY, MAY 8TH

SESSION 4 – JUNIOR 1 & JUNIOR 3 80 ATHLETES

8:00 AM GENERAL STRETCH, 8:30 INTRODUCTIONS, 8:40 TIMED WARM-UP

SESSION 5 – JUNIOR 4 & SENIOR 1 81 ATHLETES

12:00 PM GENERAL STRETCH, 12:30 INTRODUCTIONS, 12:40 TIMED WARM-UP