

MEET SCHEDULE TIMES

FRIDAY, APRIL 21

GYM A
(MODIFIED CAPITOL CUP)

GYM B
(MODIFIED CAPITOL CUP)

<u>Session #1</u>		<u>Session #2</u>	
Level 7 (JR. B)		Level 8 (SR. C)	
ARENA OPENS	7:30AM	ARENA OPENS	7:30AM
GENERAL STRETCH 20 MINS.	8:00AM	GENERAL STRETCH 20 MINS.	8:00AM
INTRODUCTIONS	8:20AM	INTRODUCTIONS	8:20AM
WARM UP 1ST EVENT (FLT. A)	8:30AM	WARM UP 1ST EVENT (FLT. A)	8:30AM
IND & STATE TEAM AWARDS	12:00PM	IND & STATE TEAM AWARDS	12:00PM
<u>Session #3</u>		<u>Session #4</u>	
Level 7 (SR. E)		Level 8 (SR. A)	
GENERAL STRETCH 20 MINS.	12:00PM	GENERAL STRETCH 20 MINS.	12:00PM
INTRODUCTIONS	12:20PM	INTRODUCTIONS	12:20PM
WARM UP 1ST EVENT (FLT. A)	12:30PM	WARM UP 1ST EVENT (FLT. A)	12:30PM
IND & STATE TEAM AWARDS	4:00PM	IND & STATE TEAM AWARDS	4:00PM
<u>Session #5</u>		<u>Session #6</u>	
Level 7 (JR. D)		Level 8 (JR. A)	
GENERAL STRETCH 20 MINS.	4:00PM	GENERAL STRETCH 20 MINS.	4:00PM
INTRODUCTIONS	4:20PM	INTRODUCTIONS	4:20PM
WARM UP 1ST EVENT (FLT. A)	4:30PM	WARM UP 1ST EVENT (FLT. A)	4:30PM
IND & STATE TEAM AWARDS	8:00PM	IND & STATE TEAM AWARDS	8:00PM