

MEET SCHEDULE TIMES

SATURDAY, APRIL 22
GYM A
 (MODIFIED CAPITOL CUP)

GYM B
 (MODIFIED CAPITOL CUP)

<u>Session #7</u>		<u>Session #8</u>	
Level 7 (SR. C)		Level 8 (JR. B)	
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
AWARDS	12:00PM	AWARDS	11:45AM
<u>Session #9</u>		<u>Session #10</u>	
Level 7 (JR. C)		Level 8 (JR. C)	
GENERAL STRETCH 20 MINS.	12:00PM	GENERAL STRETCH 20 MINS.	11:30AM
INTRODUCTIONS	12:20PM	INTRODUCTIONS	11:50AM
WARM UP 1ST EVENT (FLT. A)	12:30PM	WARM UP 1ST EVENT (FLT. A)	12:00PM
AWARDS	4:00PM	AWARDS	3:15PM
<u>Session #11</u>		<u>Session #12</u>	
Level 7 (SR. D)		Level 8 (JR. E)	
GENERAL STRETCH 20 MINS.	4:00PM	GENERAL STRETCH 20 MINS.	3:00PM
INTRODUCTIONS	4:20PM	INTRODUCTIONS	3:20PM
WARM UP 1ST EVENT (FLT. A)	4:30PM	WARM UP 1ST EVENT (FLT. A)	3:30PM
AWARDS	8:00PM	AWARDS & TEAM	6:45PM
		<u>Session # 13</u>	
		Level 8 (JR. D)	
		GENERAL STRETCH 20 MINS.	6:30PM
		INTRODUCTIONS	6:50PM
		WARM UP 1ST EVENT (FLT. A)	7:00PM
		AWARDS & TEAM	10:00PM