

2018 Cereal City Classic Schedule of Events

FRIDAY

Gym A

Modified Capital Cup

Session 1: LEVEL 3A

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:40am
AWARDS	11:15am

Session 3: LEVEL 3B

CHECK IN/GENERAL STRETCH	11:30am
INTRODUCTIONS	11:50am
TIMED WARM UP	12:00pm
COMPETITION BEGINS	12:08pm
AWARDS	2:15pm

Session 5: XCEL SILVER A

CHECK IN/GENERAL STRETCH	2:30pm
INTRODUCTIONS	2:50pm
TIMED WARM UP	3:00pm
COMPETITION BEGINS	3:09pm
AWARDS	5:25pm

Session 7: XCEL SILVER B

CHECK IN/GENERAL STRETCH	5:45pm
INTRODUCTIONS	6:05pm
TIMED WARM UP	6:15pm
COMPETITION BEGINS	6:26pm
AWARDS	9:00pm

Gym B

Modified Capital Cup

Session 2: LEVEL 4

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:43am
AWARDS	12:00pm

Session 4: LEVEL 4/5

CHECK IN/GENERAL STRETCH	12:15pm
INTRODUCTIONS	12:35pm
TIMED WARM UP	12:45pm
COMPETITION BEGINS	12:59pm
AWARDS	4:30pm

Session 6: LEVEL 6/XCEL DIAMOND

CHECK IN/GENERAL STRETCH	4:45pm
INTRODUCTIONS	5:05pm
TIMED WARM UP	5:15pm
COMPETITION BEGINS	5:32pm
AWARDS	9:15pm