



2025 Schedule of Events

SATURDAY

GYM A (MODIFIED CAPITAL CUP)		GYM B (MODIFIED CAPITAL CUP)	
Session #8	Level 6	Session #9	Level XG C
CHECK IN/ GENERAL STRETCH	8:00 AM	CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM	INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM	TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:42 AM	COMPETITION BEGINS	8:44 AM
AWARDS	11:15 AM	AWARDS	12:15 PM
Session #10	Level 7	Session #11	Level XB
CHECK IN/ GENERAL STRETCH	11:30 AM	CHECK IN/ GENERAL STRETCH	12:30 PM
INTRODUCTIONS	11:50 AM	INTRODUCTIONS	12:50 PM
TIMED WARM UP	12:00 PM	TIMED WARM UP	1:00 PM
COMPETITION BEGINS	12:12 PM	COMPETITION BEGINS	1:07 PM
AWARDS	2:45 PM	AWARDS	3:35 PM
Session #12	Level 9/10/XSa	Session #13	Boys Level 8-10/Elite
CHECK IN/ GENERAL STRETCH	3:00 PM	CHECK IN/ GENERAL STRETCH	5:30 PM
INTRODUCTIONS	3:20 PM	INTRODUCTIONS	5:50 PM
TIMED WARM UP	3:30 PM	TIMED WARM UP	6:00 PM
COMPETITION BEGINS	3:46 PM	COMPETITION BEGINS	6:14 PM
AWARDS	6:10 PM	AWARDS	9:45 PM
Session #14	Level 8		
CHECK IN/ GENERAL STRETCH	6:15 PM		
INTRODUCTIONS	6:35 PM		
TIMED WARM UP	6:45 PM		
COMPETITION BEGINS	6:59 PM		
AWARDS	9:15 PM		