

2025 Schedule of Events

SUNDAY

GYM A (MODIFIED CAPITAL CUP)		GYM B (MODIFIED TRADI	GYM B (MODIFIED TRADITIONAL)	
Session #15	Level XP	Session #16	Boys Level 3	
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	8:48 AM	COMPETITION BEGINS	8:40 AM	
AWARDS	12:10 PM	AWARDS	10:50 AM	
Session #17	Level XP/XD	Session #18	Boys Level 4	
CHECK IN/ GENERAL STRETCH	12:15 PM	CHECK IN/ GENERAL STRETCH	11:30 AM	
INTRODUCTIONS	12:35 PM	INTRODUCTIONS	11:50 AM	
TIMED WARM UP	12:45 PM	TIMED WARM UP	12:00 PM	
COMPETITION BEGINS	1:00 PM	COMPETITION BEGINS	12:10 PM	
AWARDS	4:05 PM	AWARDS	2:20 PM	
Session #19	Fun Meet	Session #20	Boys Level 5-7	
CHECK IN/ GENERAL STRETCH	4:15 PM	CHECK IN/ GENERAL STRETCH	3:00 PM	
INTRODUCTIONS	4:35 PM	INTRODUCTIONS	3:20 PM	
TIMED WARM UP	4:45 PM	TIMED WARM UP	3:30 PM	
COMPETITION BEGINS	4:55 PM	COMPETITION BEGINS	3:43 PM	
AWARDS	7:30 PM	AWARDS	6:35 PM	