

**SESSION 1- Thursday, February 27th, 5:00 P.M.- Levels XP/XD**

5:00-5:20, General Stretch

5:20-5:30, Opening Ceremonies

5:30-7:30, Warm up/compete, Red & Blue gym combined

7:30-8:00, Awards

XP-PFG, ANCH, AHGA, DAGG, WGC, MEGA, NCY, NGGA

XD-PFG, ANCH, AHGA

**SESSION 2- Friday February 28, 8:30 A.M.- Level 3**

8:30-8:50, General stretch  
8:50-9:00, Opening Ceremonies  
9:00-11:30, Capitol Cup, Red & Blue gyms combined  
11:30-12:00, Awards  
ALL TEAMS

**SESSION 3 - Friday February 28, 12:00 P.M.- Level 4, Blue Side**

12:00-12:20, General stretch  
12:20-12:30, Opening Ceremonies  
12:30-3:00, Warm up/compete  
3:00-3:30, Awards  
AHGA, JAG, SUFF, CPC, WGC

**SESSION 3 - Friday February 28, 12:20 P.M.- Level 4, Red Side**

12:20-12:30, Opening Ceremonies  
12:30-12:50, General stretch  
12:50-3:20, Warm up/compete  
3:20-3:50, Awards  
OSSG, YJG, ANCH, DUN, AGTC, TVAG

**SESSION 4- Friday February 28, 4:00 P.M.- Level 5/6, Blue Gym**

4:00-4:20, General stretch  
4:20-4:30, Opening Ceremonies  
4:30-7:30, Warm up/compete  
7:30-8:00, Awards  
L5-OSSG, DUN, AGTC, TVAG  
L6-NGGA, OSSG, AGTC, TT, DUN, TVAG

**SESSION 4- Friday February 28, 4:20 P.M.- Level 6, Red Gym**

4:20-4:30, Opening Ceremonies  
4:30-4:50, General stretch  
4:50-7:50, Warm up/compete  
7:50-8:20, Awards  
AHGA, YJG, WGC, ANCH, CPC, SUFF, EBG, JAG

**SESSION 5- Saturday, February 29th, 8:00 A.M.- Level 7, Blue Gym**

8:00-8:20, General stretch

8:20-8:30 Opening Ceremonies

8:30-11:30, Warm up/compete

11:30-12:00, Awards

PFG, ANCH, YJG, DUN, JAG, TVAG

**SESSION 5- Saturday, February 29th, 8:20 A.M.- Level 7, Red Gym**

8:20-8:30, Opening Ceremonies

8:30-8:50 General stretch

8:50-11:50, Warm up/compete

11:50-12:20, Awards

AGTC, EBG, CPC, DAGG, WGC, OSSG, NCY, SUFF

**SESSION 6- Saturday, February 29th, 11:30 A.M.- Level 8, Blue Gym**

11:30-11:50, General stretch

11:50-12:00, Opening Ceremonies

12:00-2:30, Warm up/compete

2:30-3:00, Awards

AGTC, NCY, AHGA, YJG, JAG, EBG, TT, TVAG

**SESSION 6- Saturday, February 29th, 11:50 A.M.- Level 8, Red Gym**

11:50-12:00, Opening Ceremonies

12:00-12:20, General stretch

12:20-2:50, Warm up/compete

2:50-3:20, Awards

DUN, OSSG, PFG, DAGG, DOC, SUFF, CPC, ANCH

**SESSION 7- Saturday, February 29th, 2:30 P.M.- Level 9/10, Blue Gym**

2:30-2:50, General stretch

2:50-3:00, Opening Ceremonies

3:00-5:30, Warm up/compete

5:30-6:00, Awards

OSSG, AGTC, DOC, DAGG, DUN, TT, ANCH

**SESSION 7- Saturday, February 29th, 2:50 P.M.- Level XP/XD, Red Gym**

2:50-3:00, Opening Ceremonies

3:00-3:20, General stretch

3:20-5:50, Warm up/compete

5:50-6:20, Awards

XD-EBG, DUN, GV

XP-DUN, EBG, GV

**SESSION 8- Saturday, February 29th, 5:30 P.M.- Level 9/10, Blue Gym**

5:30-5:50, General stretch

5:50-6:00, Opening Ceremonies

6:00-8:30, Warm up/compete

8:30-9:00, Awards

JAG, CPC, YJG, PFG, TVAG

**SESSION 8- Saturday, February 29th, 5:50 P.M.- Level XP/XD, Red Gym**

5:50-6:00, General stretch

6:00-6:20, Opening Ceremonies

6:20-8:50, Warm up/compete

8:50-9:20, Awards

XD-OSSG, TT

XP-OSSG, YJG

**SESSION 9- Sunday, March 1st, 8:00 A.M.- Level XS**

8:00-8:20, General stretch  
8:20-8:30 Opening Ceremonies  
8:30-10:30, Capitol Cup, Red & Blue gyms combined  
10:30-11:00, Awards  
YJG, GV, WGC, EBG, AHGA, MEGA

**SESSION 10- Sunday, March 1st, 10:30 P.M.- Level XG**

10:30-10:50, General stretch  
10:50-11:00, Opening Ceremonies  
11:00-1:30, Capitol Cup, Red & Blue gyms combined  
1:30-2:00, Awards  
ANCH, EBG, AHGA, YJG, GV, TT, MEGA

**SESSION 11- Sunday, March 1st, 1:30 P.M.- Level XS**

1:30-1:50, General stretch  
1:50-2:00, Opening Ceremonies  
2:00-4:00, Capitol Cup, Red & Blue gyms combined  
4:00-4:30, Awards  
ANCH, NGGA, TT, OSSG, PFG

**SESSION 12- Sunday, March 1st, 4:00 P.M.- Level XG**

4:00-4:20, General stretch  
4:20-4:30, Opening Ceremonies  
4:30-7:00, Capitol Cup, Red & Blue gyms combined  
7:00-7:30, Awards  
NGGA, DAGG, DUN, OSSG, PFG