



Meet Schedule

	Level	Day	Time	Event
S e s s i o n 1	Level 7 (All Divisions)	Friday 2/23/18	5:00-5:20PM	Registration and Open Stretch
	Level 8		5:20PM	Presentation of Teams
	Level 9		5:30PM	Compete - Capital Cup Compete Format
	Level 10			
	Junior Developmental		At Completion	Awards
S e s s i o n 2	Level 4 - Division 2	Saturday 2/24/18	7:40-8:00AM	Registration and Open Stretch
	Level 5 - Division 2		8:00-8:42AM	Timed Warm-ups
			8:42AM	Presentation Of Teams
			8:50AM	Compete—Traditional Format
			At Completion	Awards
S e s s i o n 3	Level 4 - Division 1	Saturday 2/24/18	11:15-11:35AM	Registration and Open Stretch
			11:35AM-12:05PM	Timed Warm-Ups
			12:05PM	Presentation of Teams
			12:10PM to Finish	Competition—Traditional Format
			End of Competition	Awards
S e s s i o n 4	Level 5 - Division 1	Saturday 2/24/18	2:30-2:50PM	Registration and Open Stretch
			2:50PM-3:26PM	Timed Warm-up
			3:26PM	Presentation of Teams
			3:36PM	Competition - Traditional Format
			At Completion	Awards
S e s s i o n 5	Level 6 (All)	Saturday 2/24/18	5:30PM	Registration and Open Stretch
			5:50PM-6:26PM	Timed Warm-Up
			6:26PM	Introduction of Teams
			6:36PM	Competition - Traditional Format
			At Completion	Awards