

DQ #4 Hosted by Preston Gymnastics



February 2nd, 2025

Session 1	Level 3D2 Jr B, Sr A, Sr B	Format: Flowing3x3 Cap Cup	30 gymnasts
	Registration & Stretch		7:40 AM
	First Time Warm-up		8:00 AM
	Presentation of Teams		8:06 AM
	Awards		10:00 AM
Session 2	Level 3D2 Jr A, 3D1, BR, SL	Format: Flowing3x3 Cap Cup	31 gymnasts
	Registration & Stretch		10:30 AM
	First Time Warm-up		10:50 AM
	Presentation of Teams		10:55AM
	Awards		12:40PM
Session 3	Level 4	Format: Flowing3x3 Cap Cup	39 gymnasts
	Registration & Stretch		1:10 PM
	First Time Warm-up		1:30 PM
	Presentation of Teams		1:37 PM
	Awards		4:11 PM
Session 4	Level 5-7&PT	Format: Mod 3X3 Cap Cup	30 gymnasts
	Registration & Stretch		4:41 PM
	First Time Warm-up		5:01 PM
	Presentation of Teams		5:10 PM
	Awards		7:20PM

Admission is cash only- exact change is appreciated

Adults age 14 and older - \$12.00 Children ages 6 to 13 - \$10.00 Children under 5 - no charge

Please note we do not have a ramp entrance. Strollers are not accessible in the gym.

