## **Thursday, April 2, 2020**

Session 1…… Level 5 D2 ………………………………………………. Flowing Capital Cup (136)

* Registration/Stretch ……………8:00-8:25
* National Anthem/ State Introduction………………………………………………..8:25-8:35
* First Group of Athletes, 1st Event Warm-up Equipment ……………8:35-8:45
* First Group of Athletes Competition, Next Group , 1st Event W/up…….8:45
* Awards 11:45

Session 2 Level 7D1/D2, (All Ages)…………………………….…..Flowing Capital Cup (103)

* Registration/Stretch 12:30-1:00
* National Anthem/ State Introduction……………………………………1:00-1:10
* First 4-5 athletes, 1st Event Warm-up Equipment 1:10-1:20
* First 4-5 Athletes Competition, Next 4-5, 1st Event W/up 1:20
* Awards 3:00
* Army Gymnastics Work out (Start in Warm up gym)…………3:15-5:00

(Could be more JD athletes if 8+ and 9+ are eliminated)

Session 3 ……………………JD1, JD2 Flowing Capital Cup Format (134)

* Registration/Stretch 5:00-5:20
* National Anthem/ State Introduction……………………………………5:20-5:25
* First Group of athletes, 1st Event Warm-up Equipment 5:25-5:35
* First 4-5 Athletes Competition, Next 4-5, 1st Event W/up 5:35
* Awards 8:35

## **Friday, April 3, 2020**

Session 4 Level 10 (15-16, 17-18)……………………...Capital Cup (120 Max)

* Registration/Stretch 8:00 – 8:30
* Flight A 1st Event Warm-up Equipment 8:30-8:45
* March in……………………………………………………………………………… 8:45-9:00
* Competition………………………………………………………………………….9:00-12:30
* Awards 12:30-1:00

Session 5 Level 8 (11-12) Capital Cup (60)

* Registration/Stretch 1:00 – 1:30
* Flight A 1st Event Warm-up Equipment 1:30-1:45
* March in ………………………………………… 1:45- 2:00
* Competition………………………………………………………………………….2:00-3:30
* Awards 3:30-4:00

ECAC Workout………………………………………………………………………………….4:00-6:00

Session 6 Level 9 (13-14)……………………………………Capital Cup (72)

* Registration/Stretch 6:15- 6:45
* Flight A 1st Event Warm-up Equipment 6:45-7:00
* March In ………………………………………………………………………………7:00-7:15
* Competition………………. 7:15-9:30
* Awards 9:30-10:00

## **Saturday, April 4, 2020**

Session 7………………… Level 5 D1 …………………..Flowing Capital Cup Format (138)

* Registration/Stretch 8:00 – 8:30
* National Anthem/State Introduction……………………………………8:30-8:40
* First 4-5 athletes, 1st Event Warm-up Equipment 8:40-8:50
* First 4-5 Athletes Competition, Next 4-5, 1st Event W/up 8:50
* Awards 11:30-12:00

ECAC Competition……………………………………………………………………………12:00-4:00

Session 8 Level 5/6 State Team………………Flowing Capital Cup Format (100)

* Registration/Stretch 4:15-4:45
* National Anthem/State Introduction……………………………………4:45-5:00
* First 4-5 athletes, 1st Event Warm-up Equipment 5:00-5:10
* First 4-5 Athletes Competition, Next 4-5, 1st Event W/up 5:10
* Awards 7:30

Session 5 Technical Sequence Capital Cup (50)

* Registration/Stretch 7:30-8:00
* Warm-up 1st Event 8:00-8:10
* March in………………………………………………………………………………..8:10-8:20
* Competition begins 8:20-9:45
* Awards 9:45

## **Sunday, April 5, 2020**

Session 10 ……………………….. 6D1 (all ages)………….Flowing Capital Cup Format (118)

* Registration/Stretch 8:30-9:00
* National Anthem/State Introduction…………………………………….9:00-9:10
* First 4-5 athletes, 1st Event Warm-up Equipment 9:10-9:20
* First 4-5 Athletes Competition, Next 4-5, 1st Event W/up 9:20
* Awards 11:30

Session 11 ……………………….. 6D2 (all ages)………….Flowing Capital Cup Format (83)

* Registration/Stretch .12:00-12:25
* National Anthem/State Introduction…………………………………….12:25-12:35
* First 4-5 athletes, 1st Event Warm-up Equipment .12:35-12:45
* First 4-5 Athletes Competition, Next 4-5, 1st Event W/up .12:45
* Awards .2:45

Session 12 ………… Level 8 (13+), Level 9(15+)…………………..….Traditional Format (66)

* Registration/Stretch 3:30-4:00
* Timed Warm up…………………………………………………………….…….4:00-5:00
* March in………………………………………………………………………………5:00-5:15
* Competition……………… 5:15
* Awards 6:45