



FINAL SCHEDULE - 2012

as of: 1/22/12

Saturday, February 18

Session 1, Level 9

8:00am - 8:30am Open warm-ups
 8:30am - 8:40am Timed warm-ups
 8:40am - 8:55am March in
 8:55am - 12:15pm Competition
 12:15pm Awards

Session 2, Level 10 (14-15)

12:15pm - 12:45pm Open warm-ups
 12:45pm - 12:55pm Timed warm-ups
 12:55pm - 1:10pm March in
 1:10pm - 4:45pm Competition
 4:45pm Awards

Session 3, Level 10 (16-18) & Elite

4:45pm - 5:15pm Open warm-ups
 5:15pm - 5:25pm Timed warm-ups
 5:25pm - 5:40pm March in
 5:40pm - 9:20pm Competition
 9:20pm Awards

Sunday, February 19

Session 4, Level 6

7:45am - 8:15am Open warm-ups
 8:15am - 8:25am Timed warm-ups
 8:25am - 8:40am March in
 8:40am - 12:20pm Competition
 12:20pm Awards

Session 5, Level 7, FS

12:10pm - 12:40pm Open warm-ups
 12:40pm - 12:50pm Timed warm-ups
 12:50pm - 1:05pm March in
 1:05pm - 4:00pm Competition
 4:00pm Awards

Session 6, Level 8

3:55pm - 4:25pm Open warm-ups
 4:25pm - 4:35pm Timed warm-ups
 4:35pm - 4:50pm March in
 4:50pm - 6:45pm Competition
 6:45pm Awards

Session 7, Level 10 FIG Finals

6:30pm - 7:00pm Stretch warm-up
 7:00pm - 8:00pm Open warm-up
 8:00pm - 8:10pm March in
 8:10pm - 9:45pm Competition
 9:45pm Awards

Monday, February 20

Session 8, Level 5 (7-9) Novice

8:00am - 8:30am Open warm-ups
 8:30am - 8:40am Timed warm-ups
 8:40am - 8:55am March in
 8:55am - 11:25am Competition
 11:25am Awards

Session 9, Level 5 (7-9) Experienced & Level 5 (10+) N & E

11:30am - 12:00pm Open warm-ups
 12:00pm - 12:10pm Timed warm-ups
 12:10pm - 12:25pm March in
 12:25pm - 3:20pm Competition
 3:20pm Awards

Session 10, Level 4

3:10pm - 3:40pm Open warm-ups
 3:40pm - 3:50pm Timed warm-ups
 3:50pm - 4:05pm March in
 4:05pm - 8:00pm Competition
 8:00pm Awards

Capitol Cup format will be used for ALL Sessions (except the Level 10 FIG Finals)