

2019 Triad Classic Schedule
GYM A - Modified Capitol Cup Format

Saturday, January 5, 2019

Session A1: Level 7

Open Stretch	8:30 AM
Introductions	8:50 AM
Timed Warm ups and Compete	8:55 AM
Awards	Approximately 12:20 PM

Session A2: Level 9

Open Stretch	12:25 PM
Introductions	12:55 PM
Timed Warm ups and Compete	1:00 PM
Awards	Approximately 4:20 PM

Session A3: Level 10

Open Stretch	4:30 PM
Introductions	5:00 PM
Timed Warm ups and Compete	5:05 PM
Awards	Approximately 7:20 PM

Sunday, January 6, 2019

Session A4: Level 8

Open Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm ups and Compete	8:25 AM
Awards	Approximately 11:15 AM

Session A5: Level 6 and Xcel Diamond

Open Stretch	11:20 AM
Introductions	11:40 AM
Timed Warm ups and Compete	11:45 AM
Awards	Approximately 2:35 PM

Session A6: Xcel Platinum

Open Stretch	2:40 PM
Introductions	3:00 PM
Timed Warm ups and Compete	3:05 PM
Awards	Approximately 6:10 PM