

2019 Cowtown Men's Schedule

Session #	Description	Start Time	End Time
Friday, December 13, 2019			
Session 1	Open Stretch	4:30 PM	4:50 PM
Level 5	Intro	4:50 PM	5:00 PM
	Warm Ups	5:00 PM	6:06 PM
	Competition	6:06 PM	8:01 PM
	Awards to follow		
Saturday, December 14, 2019			
Session 2	Open Stretch	8:00 AM	8:20 AM
Level 4/6	Intro	8:20 AM	8:30 AM
	Warm Ups	8:30 AM	9:42 AM
	Competition	9:42 AM	12:06 PM
	Awards to follow		
Session 3	Open Stretch	12:30 PM	12:50 PM
Level 7/JD	Intro	12:50 PM	1:00 PM
	Warm Ups	1:00 PM	2:51 PM
	Competition	2:51 PM	4:52 PM
	Awards to follow		
Session 4	Open Stretch	5:00 PM	5:20 PM
Team Shootout	Intro	5:20 PM	5:30 PM
	Warm Ups	5:30 PM	7:04 PM
	Competition	7:04 PM	9:19 PM
	Awards to follow		
Sunday, December 15, 2019			
Session 5	Open Stretch	8:00 AM	8:20 AM
Level 8/9	Intro	8:20 AM	8:30 AM
	Warm Ups	8:30 AM	10:00 AM
	Competition	10:00 AM	12:30 PM
	Awards to follow		
Session 6	Open Stretch	12:45 PM	1:05 PM
Level 10	Intro	1:05 PM	1:15 PM
	Warm Ups	1:15 PM	2:45 PM
	Competition	2:45 PM	5:00 PM
	Awards to follow		