



Don Sellman Winter Invitation

DECEMBER 7-8, 2019

\* Men's MODIFIED CAPITOL CUP

SATURDAY – December 7, 2019

SESSION 1 – LEVEL 5 (55)

8:00 AM – Gymnast Check In/ Open Stretch  
8:30 AM – 1<sup>st</sup> Timed Warm-Up  
8:45 AM – March In/ Announcements  
12:00 PM – Awards

SESSION 2 – LEVEL 4 & \*6\* (70)

12:30 PM – Gymnast Check In/ Open Stretch  
1:00 PM – 1<sup>st</sup> Timed Warm-Up  
1:15 PM – March In/ Announcements  
4:00 PM – Awards

\* SESSION 3 – LEVELS 7, 8, 9, 10 & JD (51) \*

4:30 PM – Gymnast Check In/ Open Stretch  
5:00 PM – 1<sup>st</sup> Timed Warm-Up  
5:15 PM – March In/ Announcements  
8:30 PM – Awards