

All sessions will be capital cup set up with two full floors. Competition will begin immediately after Flight A has warmed up.

	Date	Level	Arrive	Open Stretch	Intro	Flight A Warm up
Session 1	Saturday, March 18	5 & 6	7:40am	8:00am	8:20am	8:30am
Session 2	Saturday, March 18	7 & 9	11:50am	12:10pm	12:30pm	12:40pm
Session 3	Saturday, March 18	8 & 10	4:20pm	4:40pm	5:00pm	5:10pm
Session 4	Sunday, March 19	4	7:40am	8:00am	8:20am	8:30am
Session 5	Sunday, March 19	3 & TS	12:10pm	12:30pm	12:50pm	1:00pm



