

## **2016 Men's Region 7 Gymnastics Championships**

**Schedule \*\*All times tentative until registration complete\*\***

**Thursday, March 31, 2016**

**Session 1 Level 8 (11-12 Age Group)**

**Capital Cup Format**

Open Stretch 8:00am

Coaches Meeting 8:10

Flight "A", 1st Event Warm-up (Warm-up Gym) 8:20

Flight "A and B", March-in/Introduction of Teams 8:35

Flight "A" Competition, "B" 1st Event W/up 8:40

Awards 11:40

**Session 2 Level 9, (13-14 Age Group)**

**Capital Cup Format**

Open Stretch 12:20pm

Coaches Meeting 12:30

Flight "A", 1st Event Warm-up (Warm-up Gym) 12:40

Flight "A and B", March-in/Introduction of Teams 12:55

Flight "A" Competition, "B" 1st Event W/up 1:00

Awards 3:45

**Session 3 Level 10, (15-16 and 17-18) Age Group**

**Capital Cup Format**

Open Stretch 4:20

Coaches Meeting 4:30

Flight "A", 1st Event Warm-up (Warm-up Gym) 4:40

Flight "A and B", March-in/Introduction of Teams 4:55

Flight "A" Competition, "B" 1st Event W/up 5:00

Awards 9:15

**\*\*\* Mandatory Meeting for JO National Qualifiers w/Rich Pulsfort following awards with all paperwork and fees \*\*\***

**Friday, April 1, 2016**

**Session 4 Level 7, (9-10, 11-12, 13+ Age Groups)**

**Capital Cup Format**

Open Stretch 8:00am

Coaches Meeting 8:10

Flight "A", 1st Event Warm-up (Warm-up Gym) 8:20

Flight "A and B", March-in/Introduction of Teams 8:35

Flight "A" Competition, "B" 1st Event W/up 8:40

Awards 12:45

**Session 5 Level 8 (13+ Age Groups), Level 9, (15+ Age Groups)**

**Capital Cup Format**

Open Stretch 1:30

Coaches Meeting 1:40

Flight "A", 1st Event Warm-up (Warm-up Gym) 1:50

Flight "A and B", March-in/Introduction of Teams 2:05

Flight "A" Competition, "B" 1st Event W/up 2:10

Awards 4:50

**Session 6 JE Technical Sequences**

**Modified Capital Cup Format**

Open Stretch 5:30

Coaches Meeting 5:40

1st Event Warm-up (Competition Gym) 5:50

March-in/Introduction of Teams 6:05

Competition 6:10

Awards 8pm

**\*\*\* Mandatory Meeting for JE National Qualifiers w/Rich Pulsfort following awards with all paperwork and fees \*\*\***

**Saturday, April 2, 2016**

**Session 7 Level 5 (Age 7, and 9)**

**Flowing Capital Cup Format**

Open Stretch 8:00

Coaches Meeting 8:15

March-in/Introduction of Teams (All gymnasts) 8:20

Event Warm-up (Warm-up Gym) First 4 gymnasts 8:30

Competition 8:45

Awards 12:40

**Session 8 Level 5 (Age 10, and 12+)**

**Flowing Capital Cup Format**

Open Stretch 1:30

Coaches Meeting 1:45

March-in/Introduction of Teams (All gymnasts) 1:50

Event Warm-up (Warm-up Gym) First 4 gymnasts 2:00

Competition 2:15

Awards 5:30

**Session 9 Level 5 (Age 8, and 11)**

**Flowing Capital Cup Format**

Open Stretch 6:00

Coaches Meeting 6:15

March-in/Introduction of Teams (All gymnasts) 6:30

Event Warm-up (Warm-up Gym) First 4 gymnasts 6:40

Competition 6:45

Awards 9:50

**Sunday, April 3, 2016**

**Session 10 Level 6 (Age 7-8, 9, 10)**

**Flowing Capital Cup Format**

Open Stretch 8:00

Coaches Meeting 8:15

March-in/Introduction of Teams (All gymnasts) 8:20

Event Warm-up (Warm-up Gym) First 4 gymnasts 8:30

Competition 8:45

Awards 12:40

**Session 11 Level 6 (Age 11+)**

**Flowing Capital Cup Format**

Open Stretch 1:30

Coaches Meeting 1:45

March-in/Introduction of Teams (All gymnasts) 1:50

Event Warm-up (Warm-up Gym) First 4 gymnasts 2:00

Competition 2:15

Awards 5:30