

# 2017 Men's Region 7 Gymnastics Championships

## Schedule

Thursday, April 6, 2017

<b>Session 1</b>	<b>Level 8 (11-12 Age Group) (#46)</b>	<b>Modified Capital Cup</b>
	Doors open/Open Stretch in Warm up Area	8:00 AM
	Coaches Meeting	8:30
	All Athletes line up at State Wind flags /Anthem	8:40
	1 <sup>st</sup> Event Warm up on Competition equipment	8:45
	Begin Competition on 1 <sup>st</sup> Event	8:55
	Awards in Arena	11:00
<b>Session 2</b>	<b>Level 10, (15-16 and 17-18 Age Groups) (#134)</b>	<b>Capital Cup Format</b>
	Open Stretch in Warm Up Area	11:30 AM
	Coaches Meeting	12:00
	Flight "A", 1 <sup>st</sup> Event Warm-up equipment	12:15
	Flight "A and B" Line up at events/Anthem	12:30
	Flight "A" Competition, "B" 1 <sup>st</sup> Event W/up	12:35
	Awards in Arena	4:35
<b>Session 3</b>	<b>Level 9, (13-14 Age Group) (#92)</b>	<b>Capital Cup Format</b>
	Stretch in Warm Up Area	5:00PM
	Coaches Meeting	5:30
	Flight "A", 1 <sup>st</sup> Event Warm-up Equipment	5:35
	Flight "A and B" Line up at events/Anthem	5:50
	Flight "A" Competition, "B" 1 <sup>st</sup> Event W/up	5:55
	Awards	9:00

**\*\*\* All paper work and fees due to the JO Nationals Registration Table after all of your athletes have qualified to JO Nationals \*\*\***

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## Schedule

Friday, April 7, 2017

<b>Session 4</b>	<b>Level 7, (Division 1 and 2 All age groups) (#99)</b>	<b>Flowing Capital Cup Format</b>
	Doors Open/Open Stretch	8:30 AM
	Coaches Meeting	9:00
	All Athletes line up at State Wind flags/Anthem	9:10
	First 4-5 athletes, 1 <sup>st</sup> Event Warm-up Equipment	9:15
	First 4-5 Athletes Competition, Next 4-5, 1 <sup>st</sup> Event W/up	9:25
	Awards	12:00
<b>Session 5</b>	<b>Level 8 (13-14); Level 9; (15-16)</b>	<b>Flowing Capital Cup Format</b>
	<b>Junior Development (12-14, 15-18) (#130)</b>	
	Open Stretch in Warm up Area	1:00 PM
	Coaches Meeting	1:30
	All Athletes line up at State Wind flags/Anthem	1:35
	First 4-5 athletes, 1 <sup>st</sup> Event Warm-up Equipment	1:40
	First 4-5 Athletes Competition, Next 4-5, 1 <sup>st</sup> Event W/up	1:50
	Awards	5:00
<b>Session 6</b>	<b>JE Technical Sequences (60)</b>	<b>Modified Capital Cup</b>
	Open Stretch in Warm up Area	6:00 PM
	Coaches Meeting	6:30
	All Athletes line up at first event/Anthem	6:35
	Warm up first event	6:40
	Competition 1 <sup>st</sup> Event	6:50
	Awards	9:30

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# 2017 Men's Region 7 Gymnastics Championships

## Schedule

**Saturday, April 8, 2017**

<b>Session 7</b>	<b>Level 5 (Division 2 All Ages) (#125)</b>	<b>Flowing Capital Cup Format</b>
	Doors Open/Open Stretch	8:00 AM
	Coaches Meeting	8:30
	All Athletes line up at State Wind flags/Anthem	8:35
	First 4-5 athletes, 1 <sup>st</sup> Event Warm-up Equipment	8:40
	First 4-5 Athletes Competition, Next 4-5, 1 <sup>st</sup> Event W/up	8:50
	Awards	12:00 Noon
<b>Session 8</b>	<b>Level 5 (Division 1 Ages 7, 8, 9) (#104)</b>	<b>Flowing Capital Cup Format</b>
	Open Stretch in Warm up Area	1:00 PM
	Coaches Meeting	1:30
	All Athletes line up at State Wind flags/Anthem	1:35
	First 4-5 athletes, 1 <sup>st</sup> Event Warm-up Equipment	1:40
	First 4-5 Athletes Competition, Next 4-5, 1 <sup>st</sup> Event W/up	1:50
	Awards	5:00
<b>Session 9</b>	<b>Level 5 (Division 1 Ages 10, 11+) (#156)</b>	<b>Flowing Capital Cup Format</b>
	Open Stretch in Warm up Area	6:15 PM
	Coaches Meeting	6:45
	All Athletes line up at State Wind flags/Anthem	6:50
	First 4-5 athletes, 1 <sup>st</sup> Event Warm-up Equipment	7:00
	First 4-5 Athletes Competition, Next 4-5, 1 <sup>st</sup> Event W/up	7:10
	Awards	9:30

# 2017 Men's Region 7 Gymnastics Championships

## Schedule

**Sunday, April 9, 2017**

<b>Session 10</b>	<b>Level 6 (Division 1 Ages 8, 9, 10, 11) (#114)</b>	<b>Flowing Capital Cup Format</b>
	Doors Open/Open Stretch	8:00 AM
	Coaches Meeting	8:30
	All Athletes line up at State Wind flags/Anthem	8:35
	First 4-5 athletes, 1 <sup>st</sup> Event Warm-up Equipment	8:40
	First 4-5 Athletes Competition, Next 4-5, 1 <sup>st</sup> Event W/up	8:50
	Awards	12:00

**Session 11** Level 6 (Division 1 Age 12+, Division 2 All Ages) (#105)

		<b>Flowing Capital Cup Format</b>
	Open Stretch in Warm up Area	1:00 PM
	Coaches Meeting	1:30
	All Athletes line up at State Wind flags/Anthem	1:35
	First 4-5 athletes, 1 <sup>st</sup> Event Warm-up Equipment	1:40
	First 4-5 Athletes Competition, Next 4-5, 1 <sup>st</sup> Event W/up	1:50
	Awards	4:30