

# 2017 Level 8 Regional Championships *youngest to oldest*

## Modified non-traditional (MODIFIED CAPITAL CUP) FORMAT ALL SESSIONS

### Youngest to oldest Determined after State competitions

\*\*\*Thursday 4/20 open workout 5pm-8pm\*\*\*

Friday 4/21

#### Session #1

##### Junior A

Coaches Meeting	7:45 am
Open Stretch & Bar Settings	8:00 am
March-in	8:20 am
Timed Warm-up Flight 1	8:35 am
Competition	8:50 am
Awards	11:45 am

Friday 4/21

#### Session #2

##### Junior B

Coaches Meeting	12:25 pm
Open Stretch & Bar Settings	12:35 pm
March-in	12:55 pm
Timed Warm-up Flight 1	1:10 pm
Competition	1:25 pm
Awards	4:20 pm

Friday 4/21

#### Session #3

##### Junior C

Coaches Meeting	5:00 pm
Open Stretch & Bar Settings	5:10 pm
March-in	5:30 pm
Timed Warm-up Flight 1	5:45 pm
Competition	6:00 pm
Awards	8:55 pm

Saturday 4/22

**Session #4**

**Junior D**

Coaches Meeting	7:45 am
Open Stretch & Bar Settings	8:00 am
March-in	8:20 am
Timed Warm-up Flight 1	8:35 am
Competition	8:50 am
Awards	11:45 am

Saturday 4/22

**Session #5**

**Senior A**

Coaches Meeting	12:25 pm
Open Stretch & Bar Settings	12:35 pm
March-in	12:55 pm
Timed Warm-up Flight 1	1:10 pm
Competition	1:25 pm
Awards	4:20 pm

Saturday 4/22

**Session #6**

**Senior B**

Coaches Meeting	5:00 pm
Open Stretch & Bar Settings	5:10 pm
March-in	5:30 pm
Timed Warm-up Flight 1	5:45 pm
Competition	6:00 pm
Awards	8:55 pm

Sunday 4/23

**Session #7**

**Senior C**

Coaches Meeting	7:45 am
Open Stretch & Bar Settings	8:00 am
March-in	8:20 am
Timed Warm-up Flight 1	8:35 am
Competition	8:50 am
Awards	11:45 am

Sunday 4/23

**Session #8**

**Senior D**

Coaches Meeting

12:25 pm

Open Stretch & Bar Settings

12:35 pm

March-in

12:55 pm

Timed Warm-up Flight 1

1:10 pm

Competition

1:25 pm

Awards

4:20 pm