

~ Schedule of Competition ~

<u>Session #</u>	<u>Description</u>	<u>StartTime</u>	<u>EndTime</u>	<u>SessionTime</u>	<u>Age Dates</u>
Gym A Capital Cup Friday, 4/23/2010					
1 Prep Silver	Open Stretch	8:00 AM	8:20 AM	4:15	11/5/1999 & Born after
	1st WrmUp	8:20 AM	8:32 AM		
	Intro	8:32 AM	8:42 AM		
	Competition	8:42 AM	12:12 PM		
	Awards	12:15 PM			
2 Prep Silver	Open Stretch	12:45 PM	1:05 PM	4:15	Born before to 11/4/1999
	1st WrmUp	1:05 PM	1:17 PM		
	Intro	1:17 PM	1:27 PM		
	Competition	1:27 PM	4:57 PM		
	Awards	5:00 PM			
3 Prep Platinum & Open	Open Stretch	5:30 PM	5:50 PM	3:10	All All-Star Prep Platinum & Prep Open
	1st WrmUp	5:50 PM	5:58 PM		
	Intro	5:58 PM	6:08 PM		
	Competition	6:08 PM	8:40 PM		
	Awards	8:40 PM			
Gym A Capital Cup Saturday, 4/24/2010					
4 Bronze State Team	Open Stretch	8:00 AM	8:20 AM	2:30	Bronze State Team ~ 7 States ~ AL, GA, LA, MS, NC, SC, TN
	1st WrmUp	8:20 AM	8:23 AM		
	Intro	8:23 AM	8:33 AM		
	Competition	8:33 AM	10:29 AM		
	Awards	10:30 AM			
5 Silver State Team	Open Stretch	10:30 AM	10:50 AM	2:40	Silver State Team ~ 7 States ~ AL, GA, LA, MS, NC, SC, TN
	1st WrmUp	10:50 AM	10:56 AM		
	Intro	10:56 AM	11:06 AM		
	Competition	11:06 AM	1:06 PM		
	Awards	1:10 PM			
6 Gold State Team	Open Stretch	1:20 PM	1:40 PM	2:50	Gold State Team ~ 7 States ~ AL, GA, LA, MS, NC, SC, TN
	1st WrmUp	1:40 PM	1:46 PM		
	Intro	1:46 PM	1:56 PM		
	Competition	1:56 PM	4:08 PM		
	Awards	4:10 PM			
7 Platinum State Team	Open Stretch	4:10 PM	4:30 PM	2:50	Platinum State Team ~ 6 States ~ AL, GA, LA, MS, NC, SC
	1st WrmUp	4:30 PM	4:36 PM		
	Intro	4:36 PM	4:46 PM		
	Competition	4:46 PM	6:58 PM		
	Awards	7:00 PM			
8 Open State Team	Open Stretch	7:10 PM	7:30 PM	2:50	Open State Team ~ 6 States ~ AL, FL, LA, NC, SC, TN
	1st WrmUp	7:30 PM	7:36 PM		
	Intro	7:36 PM	7:46 PM		
	Competition	7:46 PM	9:58 PM		
	Awards	10:00 PM			

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Gym A Capital Cup Sunday, 4/25/2010					
9 Prep Bronze	Open Stretch	8:00 AM	8:20 AM	3:50	9/22/2001 & Born after
	1st WrmUp	8:20 AM	8:25 AM		
	Intro	8:25 AM	8:35 AM		
	Competition	8:35 AM	11:49 AM		
	Awards	11:50 AM			
10 Prep Bronze	Open Stretch	12:20 PM	12:40 PM	3:50	3/7/2000 - 9/21/2001
	1st WrmUp	12:40 PM	12:45 PM		
	Intro	12:45 PM	12:55 PM		
	Competition	12:55 PM	4:09 PM		
	Awards	4:10 PM			
11 Prep Bronze	Open Stretch	4:40 PM	5:00 PM	3:50	Born before to 3/6/2000
	1st WrmUp	5:00 PM	5:05 PM		
	Intro	5:05 PM	5:15 PM		
	Competition	5:15 PM	8:29 PM		
	Awards	8:30 PM			
Gym B Modified Traditional Sunday, 4/25/2010					
B1 Prep Gold	Open Stretch	8:00 AM	8:20 AM	4:15	Born before to 7/26/1997
	Intro	8:20 AM	8:30 AM		
	WrmUp/Comp	8:30 AM	12:14 PM		
	Awards	12:15 PM			
B2 Prep Gold	Open Stretch	12:20 PM	12:40 PM	4:15	7/27/1997 - 4/14/1999
	Intro	12:40 PM	12:50 PM		
	WrmUp/Comp	12:50 PM	4:34 PM		
	Awards	4:35 PM			
B3 Prep Gold	Open Stretch	4:45 PM	5:05 PM	4:15	4/15/1999 & Born after
	Intro	5:05 PM	5:15 PM		
	WrmUp/Comp	5:15 PM	8:59 PM		
	Awards	9:00 PM			

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