

# 2016 Men's Region 7 Gymnastics Championships

## Schedule (Final)

Thursday, March 31, 2016

<b>Session 1</b>	<b>Level 8 (11-12 Age Group) (114)</b>	<b>Capital Cup Format</b>
	Stretch	8:00 AM
	Coaches Meeting	8:20
	Flight "A", 1 <sup>st</sup> Event Warm-up (Warm-up Gym)	8:30
	Flight "A and B", March-in	8:45
	Flight "A" Competition, "B" 1 <sup>st</sup> Event W/up	8:50
	Awards	12:30
<b>Session 2</b>	<b>Level 9 (13-14 Age Group) (75)</b>	<b>Capital Cup Format</b>
	Stretch	1:00 PM
	Coaches Meeting	1:15
	Flight "A", 1 <sup>st</sup> Event Warm-up (Warm-up Gym)	1:30
	Flight "A and B", March-in	1:40
	Flight "A" Competition, "B" 1 <sup>st</sup> Event W/up	1:45
	Awards	4:00
<b>Session 3</b>	<b>Level 10 (15-16 and 17-18 Age Group) (113)</b>	<b>Capital Cup Format</b>
	Stretch	4:20
	Coaches Meeting	4:30
	Flight "A", 1 <sup>st</sup> Event Warm-up (Warm-up Gym)	4:40
	Flight "A and B", March-in	4:55
	Flight "A" Competition, "B" 1 <sup>st</sup> Event W/up	5:00
	Awards	9:15

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

# 2016 Men's Region 7 Gymnastics Championships

## Schedule

**Friday, April 1, 2016**

<b>Session 4</b>	<b>Level 7 (9-10, 11-12, 13+ Age Groups) (102)</b>	<b>Capital Cup Format</b>
	Stretch	8:00 AM
	Coaches Meeting	8:20
	Flight "A", 1 <sup>st</sup> Event Warm-up (Warm-up Gym)	8:30
	Flight "A and B", March-in	8:45
	Flight "A" Competition, "B" 1 <sup>st</sup> Event W/up	8:50
	Awards	12:00
<b>Session 5</b>	<b>Level 8 (13+ Age Group), Level 9, (15+ Age Group)(50)</b>	<b>Traditional Format</b>
	Stretch	1:00 PM
	Coaches Meeting	1:15
	Timed Warm-up (Competition Gym)	1:30
	March-in	2:35
	Competition	2:40
	Awards	4:40
<b>Session 6</b>	<b>JE Technical Sequences (40)</b>	<b>Modified Capital Cup</b>
	Stretch	4:45 PM
	Coaches Meeting	5:00
	1 <sup>st</sup> Event Warm-up (Competition Gym)	5:15
	March-in	5:30
	Competition 1 <sup>st</sup> Event	5:35
	Awards	8:00

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

# 2016 Men's Region 7 Gymnastics Championships

## Schedule

**Saturday, April 2, 2016**

<b>Session 7</b>	<b>Level 5 (Age 9) (141)</b>	<b>Flowing Capital Cup Format</b>
	Stretch	8:00 AM
	Coaches Meeting	8:20
	March-in (All gymnasts)	8:30
	Event Warm-up (Warm-up Gym) First 4 gymnasts	8:40
	Competition	8:50
	Awards	12:30
<b>Session 8</b>	<b>Level 5 (Age 7*, 10, and 12+) (138)</b>	<b>Flowing Capital Cup Format</b>
	Stretch	1:00 PM
	Coaches Meeting	1:20
	March-in (All gymnasts)	1:30
	Event Warm-up (Warm-up Gym) First 4 gymnasts	1:40
	Competition	1:50
	Awards	5:30
<b>Session 9</b>	<b>Level 5 (Age 8, and 11) (110)</b>	<b>Flowing Capital Cup Format</b>
	Stretch	6:15 PM
	Coaches Meeting	6:15
	March-in (All gymnasts)	6:30
	Event Warm-up (Warm-up Gym) First 4 gymnasts	6:40
	Competition	6:45
	Awards	9:45

**\*Session change from session 7 to session 8**

# 2016 Men's Region 7 Gymnastics Championships

## Schedule

**Sunday, April 3, 2016**

**Session 10 Level 6 (Age 7-8, 9, 10) (121)**

**Flowing Capital Cup Format**

Stretch	8:00 AM
Coaches Meeting	8:20
March-in (All gymnasts)	8:30
Event Warm-up (Warm-up Gym) First 4 gymnasts	8:40
Competition	8:50
Awards	12:00

**Session 11 Level 6 (Age 11+) (73)**

**Capital Cup Format**

Stretch	1:00 PM
Coaches Meeting	1:15
Flight "A", 1 <sup>st</sup> Event Warm-up (Warm-up Gym)	1:30
Flight "A and B", March-in	1:45
Flight "A" Competition, "B" 1 <sup>st</sup> Event W/up	1:50
Awards	4:00