

2019 MEN'S REGION 7 GYMNASTICS CHAMPIONSHIPS SCHEDULE (TENTATIVE)

Hosted by Sportsplex Gymnastics in Landover, Maryland

THURSDAY, APRIL 4, 2019

Session 1	Level 5	Flowing Capital Cup
Session 2	Level 5	Flowing Capital Cup
Session 3	Level 5	Flowing Capital Cup

FRIDAY, APRIL 5, 2019

Session 4	Level 6	Flowing Capital Cup
Session 5	Technical Sequence	Capital Cup
Session 6	Level 6	Flowing Capital Cup

SATURDAY, APRIL 6, 2019

Session 7	Level 9 (13-14) & Level 10 (17-18)	Capital Cup Format
Session 8	Level 10 (15-16)	Capital Cup Format
Session 9	Level 8 (11-12)	Capital Cup Format

SUNDAY, APRIL 7, 2019

Session 10	Level 7 & Level 8 (13+)	Flowing Capital Cup Format
Session 11	JD & Level 9 (15+)	Flowing Capital Cup Format

This season we are trying to help our High school students with missing school. Most Optional gymnasts usually travel to competition that causes them to miss school like National Championships *a week) and other Large Invitationals around the country to help with college recruiting. We know this is a departure from what has typically been the Regional Championships schedule with the little guys missing a day or two of school, and may cause some compulsory gymnast not to attend we hope that you reconsider as a means to help our optional gymnast.