



**** All sessions are capitol cup. Awards will be in the auditorium following each session.****

Saturday March 6th

Session1: Levels 2, 3 & 4

8:00-8:15	Open Stretch
8:15-8:25	Flight A 1st Event Timed Warm up
8:25-8:35	March In
8:35-10:45	Competition

Session 2: Rookie 2's

11:00-11:15	Open Stretch
11:15-11:25	Flight A 1st Event Timed Warm up
11:25-11:35	March In
11:35-2:05	Competition

Session 3: Level 7

2:20-2:40	Open Stretch
2:40-2:50	Flight A 1st Event Timed Warm up
2:50-3:00	March In
3:00-5:45	Competition

Session 4: Prep 1, Levels 8, 9, & 10

6:00-6:20	Open Stretch
6:20-6:35	Flight A 1st Event Timed Warm up
6:35-6:45	March In
6:45-9:15	Competition

Sunday March 7th

Session 5: Rookie 1's

8:00-8:15	Open Stretch
8:15-8:25	Flight A 1st Event Timed Warm up
8:25-8:40	March In
8:40-12:25	Competition

Session 6: Novice

12:35-12:50	Open Stretch
12:50-1:00	Flight A 1st Event Timed Warm up
1:00-1:10	March In
1:10-4:20	Competition

Session 7: Premier, Levels 5&6

4:30-4:45	Open Stretch
4:45-5:00	Flight A 1st Event Timed Warm up
5:00-5:10	March In
5:10-9:15	Competition