

EDGE 2017

Perfect Balance Training Center

September 30, 2017 - October 1, 2017

Session: 1: L4 (7-9 yr olds)

Saturday, Sep 30, 2017

75 gymnasts

Format: Capitol Cup

Open Stretch Begins: 08:05

March In: 08:25

Timed Warmups: 08:35

Awards: 11:50

Session: 2: L4 (10 & Up)

80 gymnasts

Format: Capitol Cup

Open Stretch Begins: 12:20

March In: 12:40

Timed Warmups: 12:50

Awards: 4:30

Session: 3: L5 & Golds

52 gymnasts

Format: Capitol Cup

Open Stretch Begins: 5:00

March In: 5:20

Timed Warmups: 5:30

Awards: 8:00

Session: 4: Level 1 & 2s

Sunday, Oct 1, 2017

62 gymnasts

Format: Capitol Cup

Open Stretch Begins: 08:05

March In: 08:25

Timed Warmups: 08:35

Awards: 10:20

Session: 5:XB,XS,L3(DOB before 8/1/08)

63 gymnasts

Format: Capitol Cup

Open Stretch Begins: 10:50

March In: 11:10

Timed Warmups: 11:20

Awards: 1:30

Session: 6: L3s (DOB after 8/1/08)

66 gymnasts

Format: Capitol Cup

Open Stretch Begins: 2:00

March In: 2:20

Timed Warmups: 2:30

Awards: 5:10