

WINTER BLAST 2012

Saturday, January 28

Session 1 Bronze 8:30am Capital Cup

8:30-8:50 General Stretch

8:50-8:55 1st Event Warm-up

8:55-9:05 March-In

9:05 Competition Starts

Awards to Follow

Session 2 Silver and Gold 11:30am Capital Cup

11:30-11:50 General Stretch

11:50-12:00 1st Event Warm-up

12:00-12:10 March-In

12:10 Competition Starts

Awards to Follow

Session 3 Platinum & Level 7-10 3:15pm Modified Capital Cup

3:15-3:45 General Stretch

3:45-4:05 1st Event Warm-up

4:05-4:15 March-In

4:15 Competition Starts

Awards to Follow