



**Session 1**

**All Silver, Gold & Platinum (35 gymnasts)**  
**Modified Traditional**

Open Stretch	8:00 - 8:20
Warm up 1 <sup>st</sup> Event	8:20 - 8:35
March In	8:35 - 8:45
Competition	8:45

**Session 2**

**All Bronze (41 gymnasts)**  
**All AAU Level 5, M/O & 7 (34 gymnasts)**  
**Modified Capital Cup**

Open Stretch	10:45 – 11:05
Warm up 1 <sup>st</sup> Event	11:05 – 11:20
March In	11:20 – 11:30
Competition	11:30

**Session 3**

**All AAU Level 3 (85 gymnasts)**  
**Modified Capital Cup**

Open Stretch	1:45 – 2:05
Warm up 1 <sup>st</sup> Event	2:05 – 2:15
March In	2:15 – 2:45
Competition	2:45

**Session 4**

**All AAU Level 4 (68 gymnasts)**  
**Modified Capital Cup**

Open Stretch	5:00 - 5:20
Warm up 1 <sup>st</sup> Event	5:20 – 5:35
March In	5:35 – 5:45
Competition	5:45

\*Awards will follow each session.

\*\*Session 4; please arrive 15 minutes prior to your designated Open Stretch time. If we are running ahead of schedule, we will begin sessions early.