



## **September 26-27, 2009**

\*Larger Team may be split in rotations details to follow

### **Session: 1**

**Saturday September 26**

**Type: Capital Cup**

**Level: 3 & 4**

**General Stretch: 10:00 AM**

**Timed Warm Up: 10:30 AM**

**March In: 10:40 AM**

**Competition: 10:50 AM**

**Awards: 1:40 PM**

### **Session: 2**

**Saturday September 26**

**Type: Traditional**

**Level: 6**

**General Stretch: 2:30 PM**

**Timed Warm Up: 3:00 PM**

**March In: 3:40 PM**

**Competition: 3:50 PM**

**Awards: 4:50 PM**

### **Session: 3**

**Sunday September 27**

**Type: Capital Cup**

**Level: 5**

**General Stretch: 10:00 AM**

**Timed Warm Up: 10:30 AM**

**March In: 10:40 AM**

**Competition: 10:50 AM**

**Awards: 1:50 PM**