



**Sunday September 13, 2009**

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

**Session: 1**  
**Type: Capital Cup**  
**Level: 3 & 4**

**General Stretch: 8:00 AM**  
**Timed Warm Up: 8:30 AM**  
**March In: 8:40 AM**  
**Competition: 8:50 AM**  
**Awards: 11:30 AM**

**Session: 2**  
**Type: Capital Cup**  
**Level: 5**

**General Stretch: 11:45 AM**  
**Timed Warm Up: 12:15 PM**  
**March In: 12:25 PM**  
**Competition: 12:35 PM**  
**Awards: 2:50 PM**

**Session: 3**  
**Type: Traditional**  
**Level: 6**

**General Stretch: 3:00 PM**  
**Timed Warm Up: 3:30 PM**  
**March In: 3:55 PM**  
**Competition: 4:05 PM**  
**Awards: 5:10 PM**