



Competition Schedule

Saturday, April 20, 2019

Modified Capitol Cup Format

Session 1 - Level 2/3/XB	Session 2 - XS
8:00 - 8:20 Open Stretch	9:55 - 10:15 Open Stretch
8:05 - 8:15 Coaches Meeting	10:00 - 10:10 Coaches Meeting
8:20 - 8:30 Warm-Up Flight A	10:15 - 10:20 Warm-Up 1st Event
8:30 - 8:40 March In	10:20 - 10:30 March In
9:45 AWARDS	11:35 AWARDS
Session 3 - Level 4/5/XG	Session 4 - Level 6/7/XP/XD
11:45 - 12:05 Open Stretch	2:10 - 2:30 Open Stretch
11:50 - 12:00 Coaches Meeting	2:15 - 2:25 Coaches Meeting
12:05 - 12:15 Warm-Up 1st Event	2:30 - 2:40 Warm-Up 1st Event
12:15 - 12:25 March In	2:40 - 2:50 March In
2:00 AWARDS	4:20 AWARDS

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