

SATURDAY - APRIL 2

Session 1: Level 2 Non-Sanctioned Modified Traditional

Open Stretch	8:00 AM
Introductions	8:20 AM
Competition	8:30 AM
Awards	10:25 AM

Session 3: Level 3 STARS Capitol Cup

Open Stretch	1:50 PM
1st Warm-up	2:10 PM
Introductions	2:22 PM
Competition	2:32 PM
Awards	4:40 PM

Session 2: Levels 1 & 2 Sanctioned Capitol Cup

Open Stretch	10:45 AM
1st Warm-up	11:05 AM
Introductions	11:09 AM
Competition	11:19 AM
Awards	1:30 PM

Session 4: Level 3 STRIPES CAPITOL CUP

Open Stretch	5:00 PM
1st Warm-up	5:20 PM
Introductions	5:38 PM
Competition	5:48 PM
Awards	8:00 PM

SUNDAY - APRIL 3

Session 5: Level 4 STARS Capitol Cup

Open Stretch	8:00 AM
1st Warm-up	8:20 AM
Introductions	8:28 AM
Competition	8:38 AM
Awards	10:40 AM

Session 6: Level 4 STRIPES Capitol Cup

Open Stretch	11:00 AM
1st Warm-up	11:20 AM
Introductions	11:40 AM
Competition	11:50 AM
Awards	2:15 PM

Session 7: Prep Bronze Modified Traditional

Open Stretch	2:35 PM
Introductions	2:55 PM
Competition	3:05 PM
Awards	4:55 PM

