

2017 Men's Region 7 Gymnastics Championships

Schedule

Thursday, April 6, 2017

Session 1	Level 8 (11-12 Age Group) (#46)	Modified Capital Cup
	Doors open/Open Stretch in Warm up Area	8:00 AM
	Coaches Meeting	8:30
	All Athletes line up at State Wind flags /Anthem	8:40
Dylan	1 st Event Warm up on Competition equipment	8:45
	Begin Competition on 1 st Event	8:55
	Awards in Arena	11:00
Session 2	Level 10, (15-16 and 17-18 Age Groups) (#134)	Capital Cup Format
	Open Stretch in Warm Up Area	11:30 AM
	Coaches Meeting	12:00
	Flight "A", 1 st Event Warm-up equipment	12:15
	Flight "A and B" Line up at events/Anthem	12:30
	Flight "A" Competition, "B" 1 st Event W/up	12:35
	Awards in Arena	4:35
Session 3	Level 9,(13-14 Age Group) (#92)	Capital Cup Format
	Stretch in Warm Up Area	5:00PM
	Coaches Meeting	5:30
	Flight "A", 1 st Event Warm-up Equipment	5:35
	Flight "A and B" Line up at events/Anthem	5:50
	Flight "A" Competition, "B" 1 st Event W/up	5:55
	Awards	9:00

***** All paper work and fees due to the JO Nationals Registration Table after all of your athletes have qualified to JO Nationals *****

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Schedule

Friday, April 7, 2017

Session 4	Level 7, (Division 1 and 2 All age groups) (#99)	Flowing Capital Cup Format
	Doors Open/Open Stretch	8:30 AM
	Coaches Meeting	9:00
	All Athletes line up at State Wind flags/Anthem	9:10 Cameron
	First 4-5 athletes, 1 st Event Warm-up Equipment	9:15
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	9:25
	Awards	12:00

Session 5	Level 8 (13-14); Level 9; (15-16)	Flowing Capital Cup Format
	Junior Development (12-14, 15-18) (#130)	
	Open Stretch in Warm up Area	1:00 PM
	Coaches Meeting	1:30
	All Athletes line up at State Wind flags/Anthem	1:35
	First 4-5 athletes, 1 st Event Warm-up Equipment	1:40
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	1:50
	Awards	5:00

Session 6	JE Technical Sequences (60)	Modified Capital Cup
	Open Stretch in Warm up Area	6:00 PM
	Coaches Meeting	6:30
Dylan	All Athletes line up at first event/Anthem	6:35
	Warm up first event	6:40
	Competition 1 st Event	6:50
	Awards	9:30

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2017 Men's Region 7 Gymnastics Championships

Schedule

Saturday, April 8, 2017

Session 7	Level 5 (Division 2 All Ages) (#125)	Flowing Capital Cup Format
	Doors Open/Open Stretch	8:00 AM
	Coaches Meeting	8:30 Ronan
	All Athletes line up at State Wind flags/Anthem	8:35
	First 4-5 athletes, 1 st Event Warm-up Equipment	8:40
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	8:50
	Awards	12:00 Noon
Session 8	Level 5 (Division 1 Ages 7, 8, 9) (#104)	Flowing Capital Cup Format
	Open Stretch in Warm up Area	1:00 PM
	Coaches Meeting	1:30
	All Athletes line up at State Wind flags/Anthem	1:35
	First 4-5 athletes, 1 st Event Warm-up Equipment	1:40
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	1:50
	Awards	5:00
Session 9	Level 5 (Division 1 Ages 10, 11+) (#156)	Flowing Capital Cup Format
	Open Stretch in Warm up Area	6:15 PM
	Coaches Meeting	6:45
Connor	All Athletes line up at State Wind flags/Anthem	6:50
	First 4-5 athletes, 1 st Event Warm-up Equipment	7:00
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	7:10
	Awards	9:30

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Schedule

Sunday, April 9, 2017

Session 10 Level 6 (Division 1 Ages 8, 9, 10, 11) (#114)

Flowing Capital Cup Format

Doors Open/Open Stretch	8:00 AM
Coaches Meeting	8:30
All Athletes line up at State Wind flags/Anthem	8:35
First 4-5 athletes, 1 st Event Warm-up Equipment	8:40
First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	8:50
Awards	12:00

Jacob

Lawrence

Session 11 Level 6 (Division 1 Age 12+, Division 2 All Ages) (#105)

Flowing Capital Cup Format

Open Stretch in Warm up Area	1:00 PM
Coaches Meeting	1:30
All Athletes line up at State Wind flags/Anthem	1:35
First 4-5 athletes, 1 st Event Warm-up Equipment	1:40
First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	1:50
Awards	4:30

Jason