

## **Final Session Schedule**

Saturday, January 4th, 2025

Session #1: Levels 7-10 & Platinum – Modified Capital Cup Format (10 Min Warm Up Per Event)

Gym Opens: 4:45PM Stretch: 5:00PM First Event Warm Up: 5:20PM Competition: 5:35PM

## Sunday, January 5th, 2025

Session #2:Levels 3 & Gold – Modified Capital Cup Format (10 Min Warm Up Per Event)Gym Opens: 7:45AMStretch: 8:00AMFirst Event Warm Up: 8:20AMCompetition: 8:35AMSession #3:Levels 4-6 & JETS – Modified Capital Cup Format (12 Min Warm Up Per Event)Gym Opens: 12:15PMStretch: 12:30PMFirst Event Warm Up: 12:50PMCompetition: 1:05PM

Admission: Spectator admission fees are \$10 for adults and \$5 for children under 12.