



2010 THE CHAMPIONS CUP

Competition Schedule

Indiana Convention Center - Hall A

Indianapolis, Indiana

SATURDAY, January 23, 2010

Capitol Cup Format

Session 1		L3	53	Session 2		L4	77
	9:00	-	9:20 Open Stretch		11:10	-	11:30 Open Stretch
	9:20	-	9:25 Warm-Up Group A Only		11:30	-	11:45 Warm-Up Group A Only
	9:25	-	9:35 March In - Group A and B		11:45	-	11:55 March In - Group A and B
	10:55		AWARDS		1:55		AWARDS
Group A	VT Westside		6 t	Group A	VT IN Gymnastics Center		2
	UB Sportastiks		6 t		Westside		8 t
	BB Lafayette Area		8 t		UB Rising Star		3 t
	FX Westside		7 t		Sharps		8 t
Group B	VT IN Gymnastics Center		9 t		BB Rising Star		10 t
	UB Rising Star		8 t		FX Westside		5 t
	BB Rising Star		9 t		Lafayette Area		5 t
	FX Open			Group B	VT Sportastiks		6 t
					Spectrum		4 t
					UB Spectrum		10 t
					BB Cole Academy		9
					FX Gold Medal		7 t
Session 3		L5	74	Session 4		L6	41
	2:15	-	2:35 Open Stretch		5:15	-	5:35 Open Stretch
	2:35	-	2:45 Warm-Up Group A Only		5:35	-	5:45 Warm-Up Group A Only
	2:45	-	2:55 March In - Group A and B		5:45	-	5:55 March In - Group A and B
	4:55		AWARDS		7:15		AWARDS
Group A	VT Rising Star		1	Group A	VT Gymnaworld		1
	Indiana Gym-Nest		3		Infinity Gym Academy		4 t
	Gold Medal		6 t		UB Cole Academy		2
	UB IN Gymnastics Center		2		Wildcard		3 t
	Sportastiks		3 t		BB Wildcard		5 t
	Cole Academy		4		FX Infinity Gym Academy		5 t
	BB Spectrum		11 t	Group B	VT IN Gymnastics Center		6 t
	FX Gold Medal		7 t		UB Westside		5 t
Group B	VT Westside		9 t		BB Rising Star		3 t
	UB Infinity Gym Academy		8 t		Gold Medal		3 t
	BB Sharps		11 t		FX IN Gym-Nest		4
	FX Westside		9 t				



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Session 5		Prep Op	64	Session 6		L7	55
	8:00	-	8:30 Open Stretch		11:45	-	12:15 Open Stretch
	8:30	-	8:40 Warm-Up Group A Only		12:15	-	12:30 Warm-Up Group A Only
	8:40	-	8:50 March In - Group A and B		12:30	-	12:40 March In - Group A and B
	11:30		AWARDS		2:40		AWARDS
Group A	VT Westside		2	Group A	VT Spectrum		1
	Sportastiks		5 t		Sportastiks		5 t
	UB IN Gym-Nest		3		UB Wildcard		7 t
	Spectrum		6 t		BB Cole Academy		1
	BB Bella Rose		1		Infinity Gym Academy		2
	Twin Lakes		7 t		Rising Star		4 t
	FX Twin Lakes		8 t		FX Lisa's Fliptwisters		8 t
Group B	VT Wildcard		3 t	Group B	VT Gold Medal		6 t
	Gymnaworld		6 t		UB Westside		7 t
	UB Cole Academy		1		BB Sharps		6 t
	Lafayette Area		5 t		FX Gymnaworld		2
	BB Infinity Gym Academy		8 t		Sharps		6 t
	FX Rising Star		5 t				
	Infinity Gym Academy		4 t				
Session 7			L8/9/10	47			
	3:00	-	3:30 Open Stretch				
	3:30	-	3:45 Warm-Up Group A Only				
	3:45	-	3:55 March In - Group A and B				
	6:35		AWARDS				
Group A - L8	VT Twin Lakes		1				
	Gymnaworld		3 t				
	Infinity Gym Academy		3 t				
	UB Sportastiks		1				
	IN Gym-Nest		1				
	Lafayette Area		1				
	Lisa's Fliptwisters		4 t				
	BB Gold Medal		2				
	Bella Rose		2				
	Rising Star		3 t				
	FX Sharps		8 t				