



Competition Schedule

Saturday, November 12, 2011

Modified Capitol Cup Format					
Session 1	Level 3	61	Session 2	Level 5/6	95
<p>8:00 - 8:20 Open Stretch</p> <p>8:05 - 8:15 Coaches Meeting</p> <p>8:20 - 8:30 Warm-Up 1st Event-Flight 1</p> <p>8:30 - 8:40 March In</p> <p>10:30 AWARDS</p> <p>Flight 1</p> <p>VT The Flip Zone 7 t</p> <p>UB Kokomo Flipsters 6 t</p> <p>BB The Flip Zone 8 t</p> <p>FX Lafayette Area 6 t</p> <p>Flight 2</p> <p>VT Gym Junction 3 t</p> <p>DMG 6 t</p> <p>UB Gym Unlimited 8 t</p> <p>BB Kids In Motion 9 t</p> <p>FX Gym Unlimited 8 t</p>			<p>10:15 - 10:45 Open Stretch</p> <p>10:25 - 10:35 Coaches Meeting</p> <p>10:45 - 11:00 Warm-Up 1st Event-Flight 1</p> <p>11:00 - 11:10 March In</p> <p>2:30 AWARDS</p> <p>Flight 1</p> <p>VT The Flip Zone 14 t L5</p> <p>UB Platinum 11 tt L5/6</p> <p>BB Interactive 12 tt L5/6</p> <p>FX Kokomo Flipsters 10 t L5</p> <p>Flight 2</p> <p>VT Jump Stars 12 tt L5/6</p> <p>UB Spectrum 9 t L5</p> <p>BB Gloria's Gym 1 L5</p> <p>Gym Michiana 11 tt L5/6</p> <p>FX Gym Unlimited 7 t L5/6</p> <p>Classic City 8 L5/6</p>		
Session 3	Level 4	96	Session 4	Level 7/8	50
<p>2:15 - 2:45 Open Stretch</p> <p>2:25 - 2:35 Coaches Meeting</p> <p>2:45 - 3:00 Warm-Up 1st Event-Flight 1</p> <p>3:00 - 3:10 March In</p> <p>5:45 AWARDS</p> <p>Flight 1</p> <p>VT Gloria's Gym 2</p> <p>The Gym Co 11 t</p> <p>UB Flip n Twist 6 t</p> <p>DMG 7 t</p> <p>BB Gym Junction 4 t</p> <p>Top Flight 8 t</p> <p>FX Interactive 14 t</p> <p>Flight 2</p> <p>VT Kokomo Flipsters 3 t</p> <p>Platinum 10 t</p> <p>UB Gym Unlimited 10 t</p> <p>BB Lafayette Area 6 t</p> <p>Jump Stars 5 t</p> <p>FX Kids In Motion 5 t</p> <p>Gym Unlimited 6 t</p>			<p>5:30 - 6:00 Open Stretch</p> <p>5:40 - 5:50 Coaches Meeting</p> <p>6:00 - 6:20 Warm-Up 1st Event-Flight 1</p> <p>6:20 - 6:30 March In</p> <p>9:00 AWARDS</p> <p>VT Gloria's Gym 1 L7</p> <p>Top Flight 1 L7</p> <p>The Flip Zone 11 tt L7/8</p> <p>UB IN Gym Center 2 L7</p> <p>Mid-America 3 t L7</p> <p>Platinum 7 t L7/8</p> <p>BB Kokomo Flipsters 4 t L7</p> <p>DMG 8 tt L7/8</p> <p>FX Classic City 2 L7/8</p> <p>The Gym Co 6 t L7/8</p> <p>Spectrum 5 t L7</p>		
Avon Middle School South * 7199 East U.S. Highway 36 * Avon, IN 46168					



Competition Schedule

Sunday, November 13, 2011

Modified Capitol Cup Format							
Session 5		XS/XG/XP	54	Session 6	L3/XB	67	
8:00	-	8:20	Open Stretch	10:30	-	11:00	Open Stretch
8:05	-	8:15	Coaches Meeting	10:40	-	10:50	Coaches Meeting
8:20	-	8:30	Warm-Up 1st Event	11:00	-	11:10	Warm-Up 1st Event
8:30	-	8:40	March In	11:10	-	11:20	March In
10:45			AWARDS	1:15			AWARDS
Flight 1				Flight 1			
VT	Elite Gym Club	1	G	VT	Anderson	9 tt	L3XB
	The Flip Zone	4 t	G	UB	Sportastiks	2	L3
UB	DMG	7 tt	SG		Jireh	6	XB
BB	Mid-America	4 t	S	BB	Anderson	10 t	L3
	IN Gym Center	4 t	G	FX	Elite	6 t	L3XB
FX	Jireh	6	SG				
Flight 2				Flight 2			
VT	Kokomo Flipsters	6 t	G	VT	Platinum	8 t	L3XB
UB	Anderson	7 tt	SG	UB	Mid-America	8 t	L3XB
BB	The Gym Co	2	SP	BB	Platinum	8 t	L3
	Top Flight	5 t	SG	FX	Spectrum	10 t	L3XB
FX	Lafayette Area	3 t	S				
	Spectrum	5 t	S				
Session 7		Level 5/6	67	Session 8		Level 4	68
1:00	-	1:30	Open Stretch	3:30	-	4:00	Open Stretch
1:10	-	1:20	Coaches Meeting	3:40	-	3:50	Coaches Meeting
1:30	-	1:40	Warm-Up 1st Event	4:00	-	4:10	Warm-Up 1st Event -Flight 1
1:40	-	1:50	March In	4:10	-	4:20	March In
3:45			AWARDS	6:15			AWARDS
Flight 1				Flight 1			
VT	IN Gym Center	3 t	L5/6	VT	The Flip Zone	10 t	
	The Gym Co	6 t	L5/6	UB	Anderson	9 t	
UB	A Plus	10 tt	L5/6	BB	Elite Gym Club	2	
BB	Lafayette Area	1	L5		A Plus	5 t	
	Cole Academy	7 t	L5/6	FX	Anderson	10 t	
FX	Elite Gym Club	4	L5				
	Kokomotion	5 t	L5				
Flight 2				Flight 2			
VT	Anderson	7 t	L5	VT	Mid-America	8 t	
UB	Sportastiks	8 t	L5	UB	Sportastiks	8 t	
BB	Anderson	7 t	L5/6	BB	Kokomotion	7 t	
FX	Top Flight	4 t	L5	FX	IN Gym Center	2	
	Mid-America	5 t	L5		Cole Academy	7 t	
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