

Competition Schedule

Twin Lakes Recreation Center
1700 W. Bloomfield Rd, Bloomington, IN 47403



SATURDAY, February 24, 2018

Modified Capitol Cup Format

Session 1		LV 1/2				84	
8:00	- 8:20 Open Stretch	Flight A	VT Becca's Place	11 LV 2	Flight B	VT IN Gym-Nest	9 LV 2
8:05	- 8:15 Coaches Meeting		UB TGC	8 LV 2		UB Westside	14 LV 2
8:20	- 8:25 March In - Team Introductions		BB Becca's Place	11 LV 2		BB IN Gym-Nest	11 LV 1
8:25	- 8:35 Warm-Up 1st Event - Flight A		FX Fusion	12 4L1/8L2		FX Gym Junction	2 LV 2
10:30	AWARDS					Kokomotion	6 LV 2
Session 2		LV 3				56	
10:40	- 11:00 Open Stretch	Flight A	VT TGC	8	Flight B	VT Becca's Place	7
10:45	- 10:55 Coaches Meeting		UB Victory	3		UB Westside	7
11:00	- 11:00 March In - Team Introductions		Gym Junction	4		BB Geist	7
11:00	- 11:10 Warm-Up 1st Event - Flight A		BB IN GymNest	4		FX Kokomotion	2
12:50	AWARDS		TGC	4		Westside	4
			FX Victory	6			
Session 3		LV 4&5				64	
1:00	- 1:20 Open Stretch	Flight A	VT Westside	9 LV 4	Flight B	VT Victory	10 7L4/3L5
1:05	- 1:15 Coaches Meeting		UB Indy Stars	8 4L4/4L5		UB Geist Sports	9 5L4/4L5
1:20	- 1:30 March In - Team Introductions		BB Westside	9 LV 4		BB Blue Ribbon	1 LV 5
1:30	- 1:40 Warm-Up 1st Event - Flight A		FX IN Gym-Nest	3 LV 4		Small Wonders	1 LV 5
3:20	AWARDS		Becca's Place	3 LV 4		Hodgini's	5 LV 4
						FX Gym Junction	2 LV 4
						TGC	4 LV 4
Session 4		LV 6&7				67	
3:30	- 3:50 Open Stretch	Flight A	VT Blue Ribbon	2 1L6/1L7	Flight B	VT Gym Junction	1 LV 6
3:35	- 3:45 Coaches Meeting		Rising Star	6 LV 7		Hoosier	7 LV 6
3:50	- 4:00 March In - Team Introductions		UB Becca's Place	8 LV 6		UB Small Wonders	9 6L6/3L7
4:00	- 4:10 Warm-Up 1st Event - Flight A		BB Odon	1 LV 7		BB Hoosier	4 LV 7
6:25	AWARDS		NW Athletics	6 5L6/1L7		Kokomotion	5 4L6/1L7
			FX Becca's Place	4 LV 7		FX Geist	3 LV 7
			Hodgini's	5 LV 6		TGC	6 4L6/2L7
Session 5		LV 8/9/10/XP/XD				55	
6:35	- 6:55 Open Stretch	Flight A	VT Hodgini's	2 XP	Flight B	VT Blue Ribbon	1 LV 9
6:40	- 6:50 Coaches Meeting		Geist	6 4L8/2L9		Hoosier	1 LV 9
6:55	- 7:05 March In - Team Introductions		UB DeVeau's	7 6XP/1XD		Rising Star	5 3L8/2L10
7:05	- 7:20 Warm-Up 1st Event - Flight A		BB Wright's	3 XP		UB Becca's Place	7 5L8/2L9
9:30	AWARDS		Geist	4 XP		BB Westside	1 XP
			FX DeVeau's	3 XP		Rising Star	6 XP
			TGC	3 XP		FX NW Athletics	1 XP
						Victory	2 1XP/1XD
						Seymour	3 1L8/2XD



Competition Schedule

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SUNDAY, February 25, 2018

Modified Capitol Cup Format

Session 6		XB				70	
8:00	- 8:20 Open Stretch	Flight A		Flight B			
8:05	- 8:15 Coaches Meeting	VT	Rising Star	9	VT	SIGS	7
8:20	- 8:25 Warm-Up 1st Event - Flight A	UB	Wright's	13	UB	TGC	6
8:25	- 8:35 March In - Team Introductions	BB	Victory	9	BB	SIGS	7
10:05	AWARDS	FX	Wright's	13	FX	Geist	2
						TGC	4
Session 7		XS				66	
10:15	- 10:35 Open Stretch	Flight A		Flight B			
10:20	- 10:30 Coaches Meeting	VT	SIGS	11	VT	TGC	7
10:35	- 10:45 Warm-Up 1st Event - Flight A	UB	Wright's	9	UB	Wright's	8
10:45	- 10:55 March In - Team Introductions	BB	SIGS	11	BB	TGC	7
12:35	AWARDS	FX	Wright's	9	FX	Geist	4
Session 8		XS				67	
12:45	- 1:05 Open Stretch	Flight A		Flight B			
12:50	- 1:00 Coaches Meeting	VT	Victory	9	VT	Rising Star	12
1:05	- 1:15 Warm-Up 1st Event - Flight A	UB	DeVeau's	8	UB	IN Gym-Nest	2
1:15	- 1:25 March In - Team Introductions	BB	Westside	3		Becca's Place	4
3:05	AWARDS		Gym Junction	3	BB	Rising Star	12
		FX	DeVeau's	4	FX	Kokomotion	3
			Gymnastics ETC	4		NW Athletics	3
Session 9		XG				67	
3:15	- 3:35 Open Stretch	Flight A		Flight B			
3:20	- 3:30 Coaches Meeting	VT	Gymnastics Etc	3	VT	NW Athletics	1
3:35	- 3:45 Warm-Up 1st Event		Rising Star	6		Victory	1
3:45	- 3:55 March In - Team Introductions	UB	Becca's Place	4		DeVeau's	7
6:10	AWARDS		Hoosier	4	UB	Hodgini's	2
		BB	IN Gym Nest	2		Wright's	7
			Rising Star	6	BB	Geist	2
		FX	TGC	3		DeVeau's	6
			Westside	5	FX	Odon	4