



Competition Schedule

Ivy Tech Hamilton County Campus

300 North 17th Street

Noblesville, IN 46060

SATURDAY, January 6, 2018

Modified Capitol Cup Format

Session 1		Level 1/ 2						49	
9:00	- 9:20 Open Stretch	Flight A	VT Gymnaworld	7 t	Flight B	VT Spectrum		2	
9:05	- 9:15 Coaches Meeting		UB JPAC	6 t		TDR		3 t	
9:20	- 9:25 Warm-Up 1st Event - Flight A		BB The Flip Zone	8 t		UB Dana Mannix		7 t	
9:25	- 9:35 March In - Team Introductions		FX NW Athletics	5 t		BB Five Star		6 t	
10:25	AWARDS					FX Fusion		5 t	
Session 2		Level 3						75	
10:35	- 10:55 Open Stretch	Flight A	VT Victory	9 t	Flight B	VT Gymnaworld		9 t	
10:40	- 10:50 Coaches Meeting		UB The Flip Zone	9 t		UB InterActive		13 t	
10:55	- 11:05 Warm-Up 1st Event - Flight A		BB NW Athletics	5 t		BB Spectrum		9	
11:05	- 11:15 March In - Team Introductions		JPAC	6 t		FX Pazazz Twistarz		7 t	
1:20	AWARDS		FX TDR	8 t					
Session 3		Level 4/5						76	
1:30	- 1:50 Open Stretch	Flight A	VT GymnaWorld	10 t	Flight B	VT JPAC		9 t	
1:35	- 1:45 Coaches Meeting		UB Malone's	4		UB Victory		10 tt	
1:50	- 1:50 Warm-Up 1st Event - Flight A		TDR	7 t		BB JPAC		9 t	
1:50	- 2:00 March In - Team Introductions		BB Pazazz Twistarz	10 tt		FX The Flip Zone		7 t	
4:30	AWARDS		FX NW Athletics	5 t					
			Summit Academy	5 t					
Session 4		OPTIONALS						46	
4:40	- 5:00 Open Stretch	Flight A	VT NW Athletics	6 t	Flight B	VT GymnaWorld		10 ttt	
4:45	- 4:55 Coaches Meeting		UB Pazazz Twistarz	4		UB Summit Academy		6 tt	
5:00	- 5:10 Warm-Up 1st Event - Flight A		BB Martinsville	4		BB GymnaWorld		10 ttt	
5:10	- 5:20 March In - Team Introductions		FX TDR	1		FX Victory		3 t	
7:20	AWARDS		Malone's	2					

(t) designates team entry



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SUNDAY, January 7, 2018

Session 5		Xcel Bronze						<u>47</u>	
9:00	- 9:20 Open Stretch	Flight A	VT Wrights	6 t	Flight B	VT Wright's	7 t		
9:05	- 9:15 Coaches Meeting		UB Victory	9 t		UB Indy Stars	4 t		
9:20	- 9:25 Warm-Up 1st Event - Flight A		BB Wrights	7 t		BB Wright's	6 t		
9:25	- 9:35 March In - Team Introductions		FX FlipNTwist	4 t		FX Spectrum	4		
10:30	AWARDS								
Session 6		Xcel Silver						<u>60</u>	
10:40	- 11:00 Open Stretch	Flight A	VT Wright's	9 t	Flight B	VT Summit Academy	7 t		
10:45	- 10:55 Coaches Meeting		UB Victory	9 t		UB Spectrum Sports	6		
11:00	- 11:10 Warm-Up 1st Event - Flight A		BB Wright's	9 t		BB Wright's	9 t		
11:10	- 11:20 March In - Team Introductions		FX FlipTwist	2		FX JC Tumbling	2		
12:50	AWARDS		The Flip Zone	2		NW Athletics	3 t		
			TDR	2					
Session 7		XG, XP, XD						<u>60</u>	
1:00	- 1:20 Open Stretch	Flight A	VT Summit Academy	8 t	Flight B	VT FlipTwist	8 t		
1:05	- 1:15 Coaches Meeting		UB Wright's	9 t		UB Martinsville	3 t		
1:20	- 1:35 Warm-Up 1st Event - Flight A		BB Summit Academy	8 t		Victory	3 t		
1:35	- 1:45 March In - Team Introductions		FX Spectrum Sports	1		BB The Flip Zone	10 t		
4:10	AWARDS		TDR	5 t		FX JC Tumbling	2		
						NW Athletics	3		