



Hosted by Indiana Gym-Nest

2018 INDIANA GYMNASTICS FESTIVAL

COMPETITION SCHEDULE

Saturday, January 13, 2018

COMPETITION SCHEDULE

Modified Capitol Cup Format

Session 1		LV 1/2/XB		57
8:00	-	8:20	Open Stretch	
8:05	-	8:15	Coaches Meeting	
8:20	-	8:25	Warm-Up 1st Event	
8:25	-	8:35	March In	
9:55	AWARDS			
Flight 1		LV 1	LV 2	XB
VT	IN Gym-Nest		9	
UB	Cathleen's		8	1
BB	IN Gym-Nest	8		
FX	Mid America			4
Flight 2				
VT	Geist		8	2
UB	Rising Star			6
BB	Top Flight	2	4	
FX	Rising Star			5

Session 2		XS		54
10:05	-	10:25	Open Stretch	
10:10	-	10:20	Coaches Meeting	
10:25	-	10:30	Warm-Up 1st Event	
10:30	-	10:40	March In	
12:15	AWARDS			
Flight 1	VT	Top Flight		2
		IN Gym Nest		3
	UB	Mid America		6
	BB	Cathleen's		5
	FX	Mid America		6
Flight 2				
	VT	Rising Star		12
	UB	Geist		4
	BB	Rising Star		12
	FX	Gymn ETC		4

Session 3		XG/XP		60
12:25	-	12:45	Open Stretch	
12:30	-	12:40	Coaches Meeting	
12:45	-	12:55	Warm-Up 1st Event	
12:55	-	1:05	March In	
3:15	AWARDS			
Flight 1	VT	Gymn ETC	XG	XP
		Top Flight	3	
	UB	TGC	5	
	BB	Cathleens	7	
	FX	TGC	6	
				5
Flight 2				
	VT	Rising Star	2	8
	UB	Mid America	7	1
	BB	Rising Star	10	
	FX	Geist	2	4

Session 4		LV 3/4/5			60
3:25	-	3:45	Open Stretch		
3:30	-	3:40	Coaches Meeting		
3:45	-	3:55	Warm-Up 1st Event		
3:55	-	4:05	March In		
6:00	AWARDS				
Flight 1	VT	Geist	LV 3	LV 4	LV 5
		Top Flight	7		
	UB	Top Flight	2	2	3
	BB	Geist		6	3
	FX	Cathleen's	6	1	
Flight 2					
	VT	IN Gym Nest	4		2
	UB	Pazazz Twistarz		6	5
	BB	IN Gym Nest		5	
	FX	Pazazz Twistarz	8		

"t" Designates Team Entry

Meet Site: National Sports Athletic Arena (TGC) 5646 Mutual Ln. Indianapolis, IN 46239



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Session 5		Level 6/7/8/9/10					50
6:10	-	6:30	Open Stretch				
6:15	-	6:25	Coaches Meeting				
6:30	-	6:40	Warm-Up 1st Event				
6:40	-	6:50	March In				
8:30			AWARDS				
			L6	L7	L8	L9	L10
Flight 1	VT	Rising Star			4		2
	UB	Geist		3		2	
	BB	Rising Star		6			
	FX	Geist			5		
Flight 2	VT	IN GymNest		1			
		Cathleen's	5				
	UB	Elite Gym	1	3			
		Mid America		3	1		
	BB	Cathleen's			7		
	FX	Pazazz Twistarz	2	1			
		Top Flight		1	3		

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