

Capital Challenge Schedule 2011

Saturday

Session I, Level 3 (2 on a carpet)	
7:00	Gym Opens
7:30 - 9:00	Competition
9:15 - 10:00	Awards for Level 3

NOTE: In order to comply with USAG State Meet regulations, the following session rotations are implemented: First, Session II will compete with first 2 apparatus. After that, Session II gymnasts will perform Ball routine alternating panel with Session III, who will

Session II, Level 4 (ChA, Jr)16 -- Please see Note above	
8:35	Gym Opens
9:05 - 11:20	Competition

Session III, Level 4 ChC (18) - Please see Note above	
9:40	Gym Opens
10:10 - 12:35	Competition

Session E, Level 4 Exhibition Only (8) 2 on a carpet	
11:55	Gym Opens
12:35 - 12:45	Competition
1:00 - 1:40	Awards for Sessions III and E
12:45 - 1:15	Judges Break

Session IV, Level 4 ChB - 2002 (15) -- See Note above	
12:50	Gym Opens
1:20 - 3:15	Competition

Session IV, Level 4 ChB - 2003 (13) -- See Note above	
1:40	Gym Opens
2:20 - 4:05	Competition
4:15 - 5:00	Awards for Level 4 ChB

Sunday

Session VI, Level 5 Jr, Sr (11)	
7:00	Gym Opens
7:30 - 7:35	Timed Warm-ups
7:35 - 9:05	Competition
9:25 - 9:50	Awards for Level 5, Jr, Sr

Session VII, Level 5 ChC - 2000 (11)	
8:30	Gym Opens
9:05 - 9:10	Timed Warm-ups
9:10 - 10:40	Competition
11:00 - 11:30	Awards for Level 5, ChC

Session VIII, Level 5 ChC - 2001 (11)	
10:10	Gym Opens
10:40 - 10:45	Timed Warm-ups
10:45 - 12:20	Competition
12:40 - 1:10	Awards for Level 5 ChC
12:20 - 12:50	Judges Break

Session IX, Level 5 ChB (16)	
12:10	Gym Opens
12:40 - 12:50	Timed Warm-ups
12:50 - 3:00	Competition
3:15 - 4:00	Awards for Level 5, ChB

Session X, Level 7 ChA, ChC (13) - 2 routines	
2:30	Gym Opens
3:05 - 3:15	Timed Warm-ups
3:15 - 4:05	Competition
4:25 - 4:55	Awards for Level 7, ChA Ch C - 2 routines

Session XI, Level 7 ChB, Jr (14) - 2routines	
3:05	Gym Opens
4:05 - 4:10	Timed Warm-ups
4:10 - 5:10	Competition
5:25 - 5:55	Awards for Level 7 ChB, Jr

Session XII, Level 8 JrA (15) - 2 routines	
4:10	Gym Opens
5:10 - 5:20	Timed Warm-ups
5:20 - 6:25	Competition
6:35 - 6:55	Awards for Level 8 JrA

Session XIII, Lvl 8 ChA, ChB, ChC, JrB (11)-2 routines	
5:25	Gym Opens
6:25 - 6:30	Timed Warm-ups
6:30 - 7:15	Competition
7:25 - 7:55	Awards for Session XIII

Session XIV, Level 9 (16) - 2 routines	
6:15	Gym Opens
7:15 - 7:25	Timed Warm-ups
7:25 - 8:30	Competition

Session XV, Level 10 (16) - 2 routines	
7:30	Gym Opens
8:30 - 8:40	Timed Warm-ups
8:40 - 9:45	Competition
10:00 - 10:30	Awards for Levels 9/10

Monday

Session XVI, Level 6 ChB, ChC (19)	
7:00	Gym Opens
7:45 - 7:55	Timed Warm-ups
7:55 - 10:25	Competition
10:40 - 11:15	Awards for Session XVI

Session XVII, Level 6 Jr (16)	
9:40	Gym Opens
10:25 - 10:35	Timed Warm-ups
10:35 - 12:45	Competition
1:05 - 1:35	Awards for Session XVII
12:45 - 1:15	Judges Break

Session XVII, Level 8 JrA 2 routines (15)	
12:05	Gym Opens
1:05 - 1:15	Timed Warm-ups
1:15 - 2:15	Competition
2:35 - 3:10	Awards for Session XVII

Session XVIII, Level 8 ChA, ChB, ChC, JrB (11) - 2 routines	
1:15	Gym Opens
2:15 - 2:20	Timed Warm-ups
2:20 - 3:05	Competition
3:25 - 4:00	Awards for Session XVIII

Session XIX, Level 7 ChA, ChC (13) - 2 routines	
2:05	Gym Opens
3:05 - 3:10	Timed Warm-ups
3:10 - 4:00	Competition
4:20 - 4:50	Awards for Level 7ChA, ChB, ChC, JrB

Session XX, Level 7 ChB, Jr (12) - 2 routines	
3:00	Gym Opens
4:00 - 4:05	Timed Warm-ups
4:05 - 4:55	Competition
5:15 - 5:45	Awards for Session XX

Session XXI, Level 9 (16) - 2 routines	
3:55	Gym Opens
4:55 - 5:05	Timed Warm-ups
5:05 - 6:10	Competition

Session XXII, Level 10 (16) - 2 routines	
5:10	Gym Opens
6:10 - 6:20	Timed Warm-ups
6:20 - 7:20	Competition
7:25 - 8:30	Awards for Levels 9/10