

2018 Men's Region 7 Gymnastics Championships

Schedule

Thursday, April 5, 2018

Session 1	Level 8 (11-12 Age Group) (#62)	Capital Cup Format
	Doors open/Open Stretch in Warm up Area	8:00 AM
	Coaches Meeting	8:20
	Flight "A and B" Line up at events/Anthem	8:30
	Flight "A", 1 st Event Warm-up equipment	8:40
	Begin Competition on 1 st Event	8:50
	Awards in Arena	10:50
Session 2	Level 9, (13-14); Level 10, (17-18) (#143)	Capital Cup Format
	Open Stretch in Warm Up Area	11:30 AM
	Coaches Meeting	11:45
	Flight "A and B" Line up at events/Anthem	11:50
	Flight "A", 1 st Event Warm-up equipment	12:00
	Flight "A" Competition, "B" 1 st Event W/up	12:15
	Awards in Arena	5:15
Session 3	Level 10, (15-16) (#84)	Capital Cup Format
	Stretch in Warm Up Area	6:00PM
	Coaches Meeting	6:15
	Flight "A and B" Line up at events/Anthem	6:20
	Flight "A", 1 st Event Warm-up Equipment	6:30
	Flight "A" Competition, "B" 1 st Event W/up	6:45
	Awards in Arena	9:45

***** All paper work and fees due to the JO Nationals Registration Table after all of your athletes have qualified to JO Nationals *****

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Schedule

Friday, April 6, 2018

Session 4	Level 7, (D1, D2 All ages); Level 8(13-14) (#123)	Flowing Capital Cup Format
	Doors Open/Open Stretch	8:00 AM
	Coaches Meeting	8:15
	All Athletes line up at State Wind flags/Anthem	8:20
	First 4-5 athletes, 1 st Event Warm-up Equipment	8:30
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	8:40
	Awards	12:00
Session 5	JE Technical Sequences (62)	Capital Cup Format
	Open Stretch in Warm up Area	1:15 PM
	Coaches Meeting	1:30
	Flight "A and B" Line up State Wind flags/Anthem	1:45
	Flight "A", 1 st Event Warm-up equipment	1:50
	Flight "A" Competition, "B" 1 st Event W/up	2:00
	Awards	4:00
Session 6	Level 9, (15-16); JD1& JD2 (All ages) (148)	Flowing Capital Cup Format
	Open Stretch in Warm up Area	5:00 PM
	Coaches Meeting	5:15
	All Athletes line up at State Wind flags/Anthem	5:20
	First 4-5 athletes, 1 st Event Warm-up Equipment	5:30
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	5:40
	Awards	9:30

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2018 Men's Region 7 Gymnastics Championships

Schedule

Saturday, April 7, 2018

Session 7	Level 5, (Division 2 All Ages) (#133)	Flowing Capital Cup Format
	Doors Open/Open Stretch	8:00 AM
	Coaches Meeting	8:15
	All Athletes line up at State Wind flags/Anthem	8:20
	First 4-5 athletes, 1 st Event Warm-up Equipment	8:30
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	8:40
	Awards	12:00 Noon
Session 8	Level 5, (Division 1 Ages 9, 10) (#128)	Flowing Capital Cup Format
	Open Stretch in Warm up Area	1:00 PM
	Coaches Meeting	1:15
	All Athletes line up at State Wind flags/Anthem	1:20
	First 4-5 athletes, 1 st Event Warm-up Equipment	1:30
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	1:40
	Awards	5:00
Session 9	Level 5, (Division 1 Ages 7-8, 11, 12+) (#134)	Flowing Capital Cup Format
	Open Stretch in Warm up Area	6:00PM
	Coaches Meeting	6:15
	All Athletes line up at State Wind flags/Anthem	6:20
	First 4-5 athletes, 1 st Event Warm-up Equipment	6:30
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	6:40
	Awards	9:30

2018 Men's Region 7 Gymnastics Championships

Schedule

Sunday, April 8, 2018

Session 10	Level 6, (Division 1 Ages 8-9, 10, 11)	Flowing Capital Cup Format
	Level 6, (Division 2 Ages 8-9; 10) (#132)	
	Doors Open/Open Stretch	8:00 AM
	Coaches Meeting	8:15
	All Athletes line up at State Wind flags/Anthem	8:20
	First 4-5 athletes, 1 st Event Warm-up Equipment	8:30
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	8:40
	Awards	12:00

Session 11	Level 6, (Division 1 Age 12+),	Flowing Capital Cup Format
	Level 6, (Division 2 Age 11; 12+) (#130)	
	Open Stretch in Warm up Area	1:00 PM
	Coaches Meeting	1:30
	All Athletes line up at State Wind flags/Anthem	1:35
	First 4-5 athletes, 1 st Event Warm-up Equipment	1:40
	First 4-5 Athletes Competition, Next 4-5, 1 st Event W/up	1:50
	Awards	4:30