



## **Final Schedule**

### **Saturday, December 15 2018**

#### **Session 1 - Level 6, 7, 8 (Traditional)**

Registration and Stretch - 12:00 pm-12:30 pm

Warm-Up - 12:35 pm - 2:10 pm

Competition - 2:10 pm -4:35 pm

Awards - following

#### **Session 2- Level 9, 10, JD1 & 2 (Capital Cup)**

Registration and Stretch - 5:00 pm-5:30 pm

Warm-Up 1<sup>st</sup> event- 5:35 pm

Awards - following

### **Sunday, December 16, 2018**

#### **Session 3 - Level 4, 5 (Capital Cup)**

Registration and Stretch - 8:00 am - 8:30 am

March-In - 8:35 am

Warm-Up - 8:50 am - 9:05 am

Competition - 9:05 am - 1:00 pm

Awards - 1:00 pm

