

Bright Raven Gymnastics
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Bright Raven
GYMNASTICS INC.

2017 New York State Men's Gymnastics Championships Final Schedule & Information

Sessions #1, #2, #3, & #4 will use a full CAPITAL CUP format.

The Junior Elite Technical Sequences session will use a MODIFIED CAPITAL CUP format.

Saturday, March 18th

Session #1 Capital Cup: L6D1, L6D2, L7D1, L7D2, JD

9:30AM: Gym Opens
10:00AM: Open Stretch
10:15AM: Flight A First Event Warm Up
10:30AM: March In / Competition
Awards To Follow

NYS Coaches Meeting - 2:00PM

Session #2 Capital Cup: L8, L9, L10

2:30PM: Gym Opens
3:00PM: Open Stretch
3:15PM: Flight A First Event Warm Up
3:30PM: March In / Competition
Awards To Follow

Coaches & Judges Social – After Competition

Details Forthcoming

Sunday, March 19th

Session #3 Capital Cup: L4D1, L4D2

7:30AM: Gym Opens
8:00AM: Open Stretch
8:15AM: Flight A First Event Warm Up
8:30AM: March In / Competition
Awards To Follow

Junior Elite Technical Sequences
(Modified Capital Cup)

12:00PM: Open Stretch
12:15PM: First Event Warm Up
12:30PM: Competition

Session #4 Capital Cup: L5D1, L5D2

1:30PM: Gym Opens
2:00PM: Open Stretch
2:15PM: Flight A First Event Warm Up
2:30PM: March In / Competition
Awards To Follow

Venue: Jim & John Vlogianitis Gymnasium
Tuttle North Athletic Complex
The College at Brockport
321 New Campus Drive
Brockport, NY 14420

Directions: Directions to The College at Brockport along with campus maps can be found here...

<https://www.brockport.edu/about/maps/>

Parking: Ample parking is available in **Lot T** to the east of the Tuttle North Athletic Complex off New Campus Drive. Enter the Tuttle North Building adjacent to Lot T by going up the stairs behind the digital display board. Follow the signs to the gym.

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