

2019 MEN'S REGION 7 GYMNASTICS CHAMPIONSHIPS SCHEDULE (FINAL)

Hosted by Sportsplex Gymnastics in Landover, Maryland

THURSDAY, APRIL 4, 2019

- Session 1 **Level 5D1&2 (7-8) 5D1 (9)** Flowing Capital Cup (94)
- Registration/Stretch9:00 – 9:30
 - First 4-5 athletes, 1st Event Warm-up Equipment9:30
 - First 4-5 Athletes Competition, Next 4-5, 1st Event W/up9:40
 - Awards12:00
- Session 2 **Level 5D1 (10), 5D2 (9 & 10)**..... Flowing Capital Cup (107)
- Registration/Stretch12:30 – 1:00
 - First 4-5 athletes, 1st Event Warm-up Equipment1:00
 - First 4-5 Athletes Competition, Next 4-5, 1st Event W/up1:10
 - Awards4:00
- Session 3 **Level 5D1 & D2 (11+)**..... Flowing Capital Cup (109)
- Registration/Stretch4:30 – 5:00
 - First 4-5 athletes, 1st Event Warm-up Equipment5:00
 - First 4-5 Athletes Competition, Next 4-5, 1st Event W/up5:10
 - Awards7:15

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FRIDAY, APRIL 5, 2019

Session 4 **Level 6D1 (8-9), 6D2 (all ages)** Flowing Capital Cup (112)

- Registration/Stretch9:00 – 9:30
- First 4-5 athletes, 1st Event Warm-up Equipment9:35
- First 4-5 Athletes Competition, Next 4-5, 1st Event W/up9:45
- Awards12:30

Session 5 **Technical Sequence** Capital Cup

- Registration/Stretch1:00 – 1:30
- Warm-up 1st Event...1:35
- Competition begins1:45
- Awards3:30

Session 6 **Level 6 D1 (10-11 & 12 +)** Flowing Capital Cup (131)

- Registration/Stretch4:00 – 4:30
- First 4-5 athletes, 1st Event Warm-up Equipment4:35
- First 4-5 Athletes Competition, Next 4-5, 1st Event W/up4:45
- Awards8:30

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SATURDAY, APRIL 6, 2019

Session 7	Level 9 (13) + (14).....	Capital Cup Format (70)
• Registration/Stretch		8:00 – 8:30
• Warm-up 1 st Event.....		8:35
• Competition begins		8:45
• Awards		11:30
Session 8	Level 10 (17) + (18).....	Capital Cup Format (68)
• Registration/Stretch		11:30 – 12:00
• Warm-up 1 st Event.....		12:05
• Competition begins		12:15
• Awards		2:45
Session 9	Level 10 (15) + (16).....	Capital Cup Format (79)
• Registration/Stretch		2:45 – 3:15
• Warm-up 1 st Event... ..		3:20
• Competition begins . ..		3:30
• Awards		6:30
Session 10.....	Level 8 (11) + (12).....	Capital Cup Format (57)
• Registration/Stretch		6:30 – 7:00
• Warm-up 1 st Event... ..		7:05
• Competition begins . ..		7:15
• Awards		9:30

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SUNDAY, APRIL 7, 2019

Session 11 **Level 7 & Level 8 (13+)**Flowing Capital Cup Format (116)

- Registration/Stretch9:00 – 9:30
- First 4-5 athletes, 1st Event Warm-up Equipment9:35
- First 4-5 Athletes Competition, Next 4-5, 1st Event W/up9:45
- Awards11:45

Session 12 **JD & Level 9 (15+)**Flowing Capital Cup Format (148)

- Registration/Stretch12:15 – 12:45
- First 4-5 athletes, 1st Event Warm-up Equipment12:50
- First 4-5 Athletes Competition, Next 4-5, 1st Event W/up1:00
- Awards4:00