

Owls Gymnastics Cup



Schedule

Updated: 4/7/23

Session 1: Saturday, April 22, 2023

Level 3 D1 and D2 + Platinum (44)

Modified Capital Cup

- 7:45 am Registration
- 8:00 am Stretch
- 8:20 am Welcome and National Anthem
- 8:30 am Warm up 1st event to compete
- 11:00 am Awards finish

Session 2: Saturday, April 22, 2023

L4 and L5 State Team (70)

Modified Capital Cup with bump touches

- 11:45 am Registration and pick up uniform
- 12:00 pm Stretch
- 12:20 pm Welcome and National Anthem
- 12:30 pm Warm up 1st event to compete (11 min warm up)
- 3:40 pm Awards finish

Session 3: Saturday, April 22, 2023

Tune-up Meet L7-10

Modified Capital Cup

- 4:15 pm Registration
- 4:30 pm Stretch
- 4:50 pm Welcome
- 5:00 pm Warm up to compete 1st event
- 8:00 pm Announce top 3