



2024 Schedule

SATURDAY, FEBRUARY 24, 2024	SUNDAY, FEBRUARY 25, 2024
<p><u>Session 1</u> Level 7 (n= 56) Modified Capital Cup</p> <p>7:45 am Registration 8:00 am Stretch 8:20 am Introduction 8:30 am Warm up 1st event to compete 11:00 am Awards finish</p>	<p><u>Session 5:</u> Levels 3D1 and 4D2 (N= 68) Modified Capital Cup</p> <p>7:45 am Registration 8:00 am Stretch 8:20 am Introduction 8:30 am Warm up 1st event to compete 11:30 am Awards finish</p>
<p><u>Session 2</u> Levels 8-9 (n= 47) Modified Capital Cup</p> <p>10:45 am Registration 11:00 am Stretch 11:20 am Introduction 11:30 am Warm up 1st event to compete 2:00 pm Awards finish</p>	<p><u>Session 6</u> Levels 3D2 and 4D1 (N= 58) Modified Capital Cup</p> <p>11:45 am Registration 12:00 pm Stretch 12:20 pm Introduction 12:30 pm Warm up 1st event to compete 2:30 pm Awards finish</p>
<p><u>Session 3</u> Level 10 (n= 44) Modified Capital Cup</p> <p>1:45 pm Registration 2:00 pm Stretch 2:20 pm Introduction 2:30 pm Warm up 1st event to compete 5:00 pm Awards finish</p>	<p><u>Session 7</u> Level 5-6 (n= 43) Modified Capital Cup</p> <p>3:15 am Registration 3:30 pm Stretch 3:50 pm Introduction 4:00 pm Warm up 1st event to compete 6:30 pm Awards finish</p>
<p><u>Session 4 (GymACT)</u> New York Alliance vs. Temple University</p> <p>7:00 pm Welcome</p>	