

**2017 Gym World
Rock n Roll Competition Schedule
Gym A Modified Capitol Cup**

All Sessions Friday and Saturday are in Gym A

Friday Session 1: Level 5-6-7 (76)
General Stretch 2:45 - 3:15PM
Flight A Warm-up 3:15 - 3:30
Introductions 3:30 - 3:40
Competition 3:40 - 6:15

Friday Session 2: Level 9 and 10 (42)
General Stretch 6:30 - 7:00PM
Flight A Warm-up 7:00 - 7:16
Introductions 7:16 - 7:26
Competition 7:26 - 9:15

Saturday Session 3: Level 5-6-7 (79)
General Stretch 8:00 - 8:30AM
Flight A Warm-up 8:30 - 8:45
Introductions 8:45 - 8:55
Competition 8:55 - 11:30

Saturday Session 4: Level 4 (82)
General Stretch 12:00 - 12:30PM
Flight A Warm-up 12:30 - 12:40
Introductions 12:40 - 12:50
Competition 12:50 - 3:45

Saturday Session 5: Level 4 (82)
General Stretch 4:15 - 4:45 PM
Flight A Warm-up 4:45 - 4:55
Introductions 4:55 - 5:05
Competition 5:05 - 8:00

**2017 Gym World
Rock n Roll Competition Schedule**

**Gym A - Modified Capitol Cup
Gym B - Modified Traditional #2**

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| Sunday Session 6A GYM A | Excel Gold (95) General Stretch 8:00 - 8:30AM Flight A Warm-up 8:30 - 8:42 Introductions 8:42 - 8:52 Competition 8:52 - 12:05 |
| Sunday Session 6B GYM B | Level 3 (74) General Stretch 8:30 - 9:00AM Introductions 9:00 - 9:10 Warm-up/Compete 9:10 - 11:58 |
| Sunday Session 7A GYM A | Level 8 and Excel Platinum General Stretch 12:30- 1:00PM Flight A Warm-up 1:00 - 1:16 Introductions 1:16 - 1:26 Competition: 1:26 - 4:00 |
| Sunday Session 7B GYM B | Level 3 (74) General Stretch 12:30 - 1:00PM Introductions 1:00 - 1:10 Warm-up/Compete 1:10 - 3:58 |
| Sunday Session 8A GYM A | Excel Silver General Stretch 4:30 - 5:00PM Flight A Warm-up 5:00 - 5:07 Introductions 5:07 - 5:17 Competition: 5:17 - 7:00 |
| Sunday Session 8B GYM B | Level 2 & Excel Bronze (72) General Stretch 4:30 - 5:00PM Introductions 5:00 - 5:10 Warm-up/Compete 5:10 - 7:12 |