

2017 Gym World Rock n Santa Competition Schedule Gym A Modified Capitol Cup

Friday Session 1: Gym A Level 5 and Xcel Gold (95)

CHECK IN:	4:00 PM	
STRETCH:	4:15 - 4:30	All Level 5 and Xcel Gold
FLIGHT A WARM UP:	4:30 - 4:48	
PRESENTATION:	4:48 - 5:08	
COMPETITION:	5:08 - 8:20	
AWARDS:	8:30	

Saturday Session 2: Gym A Level 7 and Xcel Platinum (76)

CHECK IN:	8:00 AM	
STRETCH:	8:15 - 8:30	All Level 7 and Xcel Platinum
FLIGHT A WARM UP:	8:30 - 8:45	
PRESENTATION:	8:45 - 8:55	
COMPETITION:	8:55 - 12:05	
AWARDS:	12:20	

Saturday Session 3: Gym A Level 8 (68)

CHECK IN:	12:00	
STRETCH:	12:15 - 12:30	All Level 8
FLIGHT A WARM UP:	12:30 - 12:48	
PRESENTATION:	12:48 - 12:58	
COMPETITION:	12:58 - 3:50	
AWARDS:	4:10	

Saturday Session 4: Gym A Level 9 – 10 and Xcel Diamond (67)

CHECK IN:	3:50 PM	
STRETCH:	4:10 - 4:25	All Level 9 and 10 and Xcel Diamond
FLIGHT A WARM UP:	4:25 - 4:43	
PRESENTATION:	4:43 - 4:53	
COMPETITION:	4:53 - 7:50	
AWARDS:	8:00	

Sunday Session 5: Gym A Level 6 (69)

CHECK IN:	8:00 AM	
STRETCH:	8:15 - 8:30	All Level 6
FLIGHT A WARM UP:	8:30 - 8:44	
PRESENTATION:	8:44 - 8:54	
COMPETITION:	8:54 - 11:54	
AWARDS:	12:10	

Sunday Session 6: Gym A Level 4 (81)

CHECK IN:	12:00	GW – 28	YGC - 16
STRETCH:	12:15 - 12:30	Xtreme – 14	AA - 8
FLIGHT A WARM UP:	12:30 - 12:41	HOH – 6	Toledo - 7
PRESENTATION:	12:41 - 12:51	Avante – 1	MGA - 1
COMPETITION:	12:51 - 3:40		
AWARDS:	4:00		

Sunday Session 7: Gym A Level 4 (82)

CHECK IN:	3:45	Gym X - 37	GWT - 8
STRETCH:	4:00 - 4:15	BG – 17	ATB - 9
FLIGHT A WARM UP:	4:15 - 4:26	N Hts – 6	JSG - 3
PRESENTATION:	4:26 - 4:36	Buck Act – 1	IG - 1
COMPETITION:	4:36 - 7:25		
AWARDS:	7:15		

**2017 Gym World Rock n Santa Competition Schedule
Gym B Traditional**

Saturday Session 2B: Gym B Gym World League Meet

CHECK IN:	12:15 PM	EXACT TIME TBA
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Saturday Session 3B: Gym B Level 2 and Xcel Bronze (72)

CHECK IN:	3:45 PM	
STRETCH:	4:00 - 4:15	All Level 2 and Xcel Bronze
WARM UP:	4:15 - 4:51	
PRESENTATION:	4:51 - 5:01	
COMPETITION:	5:01 - 6:13	
AWARDS:	6:30	

Saturday Session 4B Gym B Level Xcel Silver (47)

CHECK IN:	6:15 PM	
STRETCH:	6:30 - 6:45	All Xcel Silver
WARM UP:	6:45 - 7:21	
PRESENTATION:	7:21 - 7:31	
COMPETITION:	7:31 - 8:45	
AWARDS:	9:00	

Sunday Session 5B: Gym B Level 3 (65)

CHECK IN:	8:00 AM	Gym Xtreme	26
STRETCH:	8:15 - 8:30	HOH	18
WARM UP:	8:30 - 9:22	AA	8
PRESENTATION:	9:22 - 9:32	YGC	7
COMPETITION:	9:32 - 11:10	ATB	7
AWARDS:	11:20		

Sunday Session 6B: Gym B Level 3 (66)

CHECK IN:	11:15 AM	Buckeye Gym	29
STRETCH:	11:30 - 11:45	New Hts.	4
WARM UP:	11:45 - 12:37	Gym Xtreme	17
PRESENTATION:	12:37 - 12:47	Gym World T	10
COMPETITION:	12:47 - 2:30	Inter Gym	4
AWARDS:	2:50	Buckeye Activity	2

Sunday Session 7B Gym B Level 3 (65)

CHECK IN:	2:30 PM	Xtreme Gymnastics	17
STRETCH:	2:45 - 3:00	Gym World	19
WARM UP:	3:00 - 3:52	Jump Start	17
PRESENTATION:	3:52 - 4:02	Toledo	5
COMPETITION:	4:02 - 5:45	Avante	7
AWARDS:	6:00		