



FINAL SCHEDULE- GIRLS GYM
ALL SESSIONS ARE MODIFIED CAPITAL CUP FORMAT

SATURDAY, JANUARY 21st

Session 1: Level 3, 4 & 5
 Open Warm-up: 8:00 am
 March-in: 8:20 am
 Timed Warm Up: 8:30 am
 Awards: 10:30 am
 GYMS: Gleasons, Gymsport, MHG, Ruby, St Louis Spirits

Session 2: Level 7
 Open Warm-up: 10:45 am
 March-in: 11:05 am
 Timed Warm Up: 11:15 am
 Awards: 1:45 pm
 GYMS: Flyaways, Gleasons, Gymsport, Hub City, Jam Hops, MHG, Perpetual Motion, Rodeville, Ruby, St Louis Spirits, TAGS EP, TAGS South, Twin Ports

Session 3: Level 6 & 9
 Open Warm-up: 2:00 pm
 March-in: 2:20 pm
 Timed Warm Up: 2:30 pm
 Awards: 5:30 pm
 GYMS: Flyaways, Gleasons, Gymsport, Jam Hops, Perpetual Motion, RGC, Roseville, Ruby, St Louis Spirits, TAGS EP, TAGS South, Twin Ports

Session 4: Level 8 & 10
 Open Warm-up: 5:45 pm
 March-in: 6:05 pm
 Timed Warm Up: 6:15 pm
 Awards: 9:15 pm
 GYMS : Flyaways, Gleasons, Gymsport, Jam Hops, MHG, RGC, Roseville, Ruby, St Louis Spirits, TAGS EP, Twin Ports

SUNDAY, JANUARY 22nd

Session 5: Gold
 Open Warm-up: 8:00 am
 March-in: 8:20 am
 Timed Warm Up: 8:30 am
 Awards: 11:00 am
 GYMS: Classic Savage, Duluth YMCA, Flex, Flyaways N, Flyaways, Gymsport, IGM, NBACE, North Crest, Ruby

Session 6: Platinum
 Open Warm-up: 11:15 am
 March-in: 11:35 am
 Timed Warm Up: 11:45 am
 Awards: 3:00 pm
 GYMS: Classic Savage, Flex, Flyaways, Flyaways N, Gymsport, IGM, MHG, NBACE, RGC, TCT

Session 7: Platinum & Diamond
 Open Warm-up: 3:15 pm
 March-in: 3:35 pm
 Timed Warm Up: 3:45 pm
 Awards: 6:45 pm
 GYMS: Classic Savage, Duluth YMCA, Dynamic Flights, Flex, Flyaways, Flyaways N, Gleasons, Gymsport, IGM, Jam Hops, MHG, RGC, TCT

Session 8: Gold
 Open Warm-up: 7:00 pm
 March-in: 7:20 pm
 Timed Warm Up: 7:30 pm
 Awards: 9:45 pm
 GYMS: Dynamic Flights, Gleasons, Jam Hops, MHG, RGC, TCT

Warner Coliseum
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