



Once Upon A Time Competition Schedule Saturday, February 7, 2015

MODIFIED CAPITOL CUP FORMAT

Session 1 - Level 2/XB

8:00	-	8:20	Open Stretch	
8:05	-	8:15	Coaches Meeting	
8:20	-	8:25	Warm-Up 1st Event	
8:25	-	8:35	March In	
10:30			AWARDS	
Flight 1				88
Westside	VT	9	L2t	
Spectrum	UB	9	L2t	
Westside	BB	10	L2t/L3	
Spectrum	FX	13	XBt	
Flight 2				
Dana Mannix	VT	8	L2t	
LAGC	UB	13	L2t/XB	
Mid America	BB	13	L2t	
Elite Gym Club	FX	6	L2	
Top Flight		7	L2	

* Designates Team Entry

Session 2 - Level 3/XS

10:40	-	11:00	Open Stretch	
10:45	-	10:55	Coaches Meeting	
11:00	-	11:10	Warm-Up 1st Event	
11:10	-	11:20	March In	
1:40			AWARDS	
Flight 1				92
Richmond	VT	2	L3	
Top Flight		2	L3	
Sharps		8	L3t	
Dana Mannix	UB	11	L3t	
Geist	BB	5	L3t	
Sharps		8	L3t	
Kokomotion	FX	10	L3t	
Flight 2				
LAGC	VT	5	L3/XS	
Hoosier		8	L3t	
Mid America	UB	13	L3t/XSt	
Summit Academy	BB	5	XSt	
Malones		5	L3/XS	
Elite Gym Club	FX	10	L3t/XS	

* Designates Team Entry

Session 3 - Level 4/5/XG

1:50	-	2:10	Open Stretch	
1:55	-	2:05	Coaches Meeting	
2:10	-	2:25	Warm-Up 1st Event	
2:25	-	2:35	March In	
5:15			AWARDS	
Flight 1				90
LAGC	VT	4	L4t	
Summit Academy		7	L4/L5t	
Geist	UB	10	L4t/XGt	
Summit Academy	BB	12	XGt	
Malones	FX	1	XG	
Mid America		9	L4t/XGt	
Flight 2				
Sharps	VT	4	L4t	
Spectrum		7	L5/XGt	
Hoosier	UB	13	L4t/L5t	
Dana Mannix	BB	11	L4t/L5	
Top Flight	FX	5	L4/L5/XG	
Elite Gym Club		7	L4t/XG	

* Designates Team Entry

Session 4 - Level 6/7/8/9/XP/XD

5:25	-	5:45	Open Stretch	
5:30	-	5:40	Coaches Meeting	
5:45	-	6:00	Warm-Up 1st Event	
6:00	-	6:10	March In	
8:30			AWARDS	
Flight 1				36
Top Flight	VT	3	L6/L7	
Spectrum		7	XP/L7/L9	
Malones	UB	1	XP	
Mid America		3	L7/9	
Summit Academy		4	L6/L7	
Elite Gym Club	BB	10	L6t/L7/L8	
Summit Academy	FX	8	XPt/XDt	

* Designates Team Entry