



Hosted By: **Port City Gymnastics**  
**Wilmington, NC**

Sponsored By:



University Area  
Smith Creek Station

## Saturday February 28<sup>th</sup>

Session: 1  
Capital Cup  
Level: Rookie 1

Stretch: 8:00 AM  
Timed Warm-up: 8:20 AM  
March In: 8:35 AM  
Competition: 8:45 AM  
Awards: 11:45 AM

Session: 2  
Capital Cup  
Levels: 9, 7, 6

**7's DOB 8/16/1995 – 12/14/1999**

Stretch: 12:15 PM  
Timed Warm-up: 12:35 PM  
March In: 12:55 PM  
Competition: 1:05 PM  
Awards: 4:30 PM

Session: 3  
Modified Traditional  
Levels: 10, 8, 7

**7's DOB 8/17/1991 – 8/9/1995**

Stretch: 4:55 PM  
Timed Warm-up: 5:15 PM  
March In: 5:35 PM  
Competition: 5:45 PM  
Awards: 8:45 PM

## Sunday March 1<sup>st</sup>

Session: 4  
Capital Cup  
Level: Novice

Stretch: 8:00 AM  
Timed Warm-up: 8:20 AM  
March In: 8:30 AM  
Competition: 8:40 AM  
Awards: 11:00 AM

Session: 5  
Capital Cup  
Levels: R2, 3, 4

Stretch: 11:25 AM  
Timed Warm-up: 11:45 AM  
March In: 12:00 NOON  
Competition: 12:10 PM  
Awards: 3:15 PM

Session: 6  
Capital Cup  
Level Prep 1

Stretch: 3:40 PM  
Timed Warm-up: 4:00 PM  
March In: 4:10 PM  
Competition: 4:20 PM  
Awards: 6:00 PM