

# 2017 Michigan Level 7 – 10 State Meet Schedule of Events

## FRIDAY

### Session 1: LEVEL 9

Modified Capital Cup

(Jr. C, Sr. A, Sr. C)

DOORS OPEN	7:30am
CHECK IN/GENERAL STRETCH	8:00am
TIMED WARM UP	8:30am
INTRODUCTIONS	8:42am
COMPETITION BEGINS	8:50am
AWARDS	11:15am

### Session 2: LEVEL 9

Modified Capital Cup

(Jr. A, Jr. B, Sr. B)

CHECK IN/GENERAL STRETCH	11:30am
TIMED WARM UP	12:00pm
INTRODUCTIONS	12:14pm
COMPETITION BEGINS	12:20pm
AWARDS	3:00pm

### Session 3: LEVEL 10

Modified Capital Cup

(Jr. A/B, Sr. A/B)

CHECK IN/GENERAL STRETCH	3:30pm
TIMED WARM UP	4:00pm
INTRODUCTIONS	4:23pm
COMPETITION BEGINS	4:35pm
AWARDS	8:10pm