

2018 Michigan Level 7 – 10 State Meet Schedule of Events

FRIDAY

Modified Capital Cup

Session 1: LEVEL 7 (Jr. B, Jr. D, Sr. B)

DOORS OPEN	7:30am
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:25am
COMPETITION BEGINS	8:37am
AWARDS	11:20am

Session 2: LEVEL 7 (Jr. C, Sr. D, Sr. F)

CHECK IN/GENERAL STRETCH	11:30am
INTRODUCTIONS	11:50am
TIMED WARM UP	11:55am
COMPETITION BEGINS	12:07pm
AWARDS	2:50pm

Session 3: LEVEL 7 (Jr. E, Sr. C, Sr. E)

CHECK IN/GENERAL STRETCH	3:00pm
INTRODUCTIONS	3:20pm
TIMED WARM UP	3:25pm
COMPETITION BEGINS	3:37pm
AWARDS	6:20pm

Session 4: LEVEL 7 (Jr. A, Jr. F, Sr. A)

CHECK IN/GENERAL STRETCH	6:30pm
INTRODUCTIONS	6:50pm
TIMED WARM UP	6:55pm
COMPETITION BEGINS	7:07pm
AWARDS	9:50pm

