

2018 Michigan Level 7 – 10 State Meet Schedule of Events

SATURDAY

Modified Capital Cup

Session 5: LEVEL 9 (Sr. A & Sr. B)

DOORS OPEN	7:30am
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:25am
COMPETITION BEGINS	8:45am
AWARDS	11:30am

Session 6: LEVEL 9 (Jr. A & Jr. B)

CHECK IN/GENERAL STRETCH	11:45am
INTRODUCTIONS	12:05pm
TIMED WARM UP	12:10pm
COMPETITION BEGINS	12:30pm
AWARDS	3:15pm

Session 7: LEVEL 10 (Jr. B & Sr. B)

CHECK IN/GENERAL STRETCH	3:30pm
INTRODUCTIONS	3:50pm
TIMED WARM UP	3:55pm
COMPETITION BEGINS	4:10pm
AWARDS	6:30pm

Session 8: LEVEL 10 (Jr. A & Sr. A)

CHECK IN/GENERAL STRETCH	6:45pm
INTRODUCTIONS	7:05pm
TIMED WARM UP	7:10pm
COMPETITION BEGINS	7:25pm
AWARDS	9:45pm