

2018 Michigan Level 7 – 10 State Meet Schedule of Events

SUNDAY

Modified Capital Cup

Session 9: LEVEL 8

(Jr. B, Jr. E, Sr. D)

DOORS OPEN	7:30am
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:25am
COMPETITION BEGINS	8:41am
AWARDS	11:30am

Session 10: LEVEL 8

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

CHECK IN/GENERAL STRETCH	11:45am
INTRODUCTIONS	12:05pm
TIMED WARM UP	12:10pm
COMPETITION BEGINS	12:26pm
AWARDS	3:15pm

Session 11: LEVEL 8

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

CHECK IN/GENERAL STRETCH	3:30pm
INTRODUCTIONS	3:50pm
TIMED WARM UP	3:55pm
COMPETITION BEGINS	4:11pm
AWARDS	7:00pm