

2017 American Gymnast Classic
Competition Schedule
Modified Capitol Cup Format



Saturday, January 21, 2017

WOMEN'S GYM

Session 1	Level 3
9:00	- 9:20 Open Stretch
9:20	- 9:25 Warm-Up Flight A
9:25	- 9:35 March-In
11:05	AWARDS

Session 2	Level 2/XB
11:15	- 11:35 Open Stretch
11:35	- 11:45 Warm-Up Flight A
11:45	- 11:55 March-In
1:00	AWARDS

Session 3	Level 4/5/XP
1:10	- 1:30 Open Stretch
1:30	- 1:40 Warm-Up Flight A
1:40	- 1:50 March-In
4:00	AWARDS

Session 4	XS/XG
4:10	- 4:30 Open Stretch
4:30	- 4:40 Warm-Up Flight A
4:40	- 4:50 March-In
6:35	AWARDS

Sunday, January 22, 2017

Session 5	Level 6/7
9:00	- 9:20 Open Stretch
9:20	- 9:30 March In
9:30	- 9:45 Warm-Up Flight A
11:30	AWARDS

Session 6	Level 8/9/10
11:40	- 12:00 Open Stretch
12:00	- 12:10 March In
12:10	- 12:30 Warm-Up Flight A
3:15	AWARDS

Saturday, January 21, 2017

MEN'S GYM

Session 1	Level 4/5/6
9:00	- 9:25 Open Stretch
9:25	- 9:35 March In
9:35	- 9:50 Warm-Up 1st Event
1:00	AWARDS

Session 2	Level 7/8/9/10
1:10	- 1:40 Open Stretch
1:40	- 1:50 March In
1:50	- 2:05 Warm-Up 1st Event
4:00	AWARDS