



# 2019 Bounce Gymnastics Invitational

## Final Schedule

**Friday, January 18, 2019**

SESSION	1	AAU	LEVEL(S)	4 - 5	Number of Athletes	48
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**TRADITIONAL FORMAT**

5:00 PM	Open Stretch
5:15 PM	Timed Warm Ups
6:15 PM	Opening Ceremonies
6:20 PM	Competition

**Saturday, January 19, 2019**

SESSION	2	USAG	LEVEL(S)	7-10 + JD	Number of Athletes	32
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**MODIFIED CAPTIAL CUP**

8:00 AM	Open Stretch
8:20 AM	Warm up 1st event
8:30 AM	Open Ceremonies
8:40 AM	Compete 1st Event

SESSION	3	USAG	LEVEL(S)	4	Number of Athletes	59
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**MODIFIED CAPTIAL CUP**

12:00 PM	Open Stretch
12:20 PM	Warm up 1st event
12:30 PM	Open Ceremonies
12:40 PM	Compete 1st Event

SESSION	4	USAG	LEVEL(S)	5-6	Number of Athletes	70
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**MODIFIED CAPTIAL CUP**

4:00 PM	Open Stretch
4:20 PM	Warm up 1st event
4:30 PM	Open Ceremonies
4:40 PM	Compete 1st Event