



2021 Mens Bounce Gymnastics Invitational Final Schedule

Friday	January	8,	2021
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SESSION	1	AAU	Level(s)	AAU - Level 4 & 5
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Traditional Format	Number of Athletes	39
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6:00 PM Open Stretch

6:15 PM Timed Warm Ups

7:00 PM Opening Ceremonies

7:10 PM Competition

Approx. 8:10 PM Awards (Events and All-Around)

Saturday, January 9, 2021

SESSION	2	USAG	Level(s)	USAG - Level 4 (Divisions 1 & 2)
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Modified Capitol Cup Format	Number of Athletes	53
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	8:00 AM	Open Stretch
	8:20 AM	Open Ceremonies
	8:30 AM	Warm up First Event
	8:40 AM	Compete First Event
Approx.	10:30 AM	Awards (Events and All-Around)

SESSION	3	USAG	Level(s)	USAG - Level 5 (Divisions 1 & 2)
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Modified Capitol Cup Format	Number of Athletes	32
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	11:30 AM	Open Stretch
	11:50 AM	Opening Ceremonies
	12:00 PM	Warm up First Event
	12:10 PM	Compete First Event
Approx.	1:40 PM	Awards (Events and All-Around)

Meal and Large Cleaning Time

SESSION	4	USAG	Level(s)	USAG - Levels 6, 7, & JD (Divisions 1 & 2)
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Modified Capitol Cup Format	Number of Athletes	63
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	2:30 PM	Open Stretch
	2:50 PM	Opening Ceremonies
	3:00 PM	Warm up First Event
	3:10 PM	Compete First Event
Approx.	5:10 PM	Awards (Events and All-Around)

SESSION	5	USAG	Level(s)	USAG - Levels 8, 9, 10, Elite (JO & JE)
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Modified Capitol Cup Format	Number of Athletes	45
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	6:30 PM	Open Stretch
	6:50 PM	Opening Ceremonies
	7:00 PM	Warm up First Event
	7:15 PM	Compete First Event
Approx.	9:15 PM	Awards (Events and All-Around)