



# 2022 Womens Bounce Gymnastics Invitational

## Final Schedule

Saturday	January	15	2022
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SESSION	1	USAG	Level(s)	USAG - Level 3, 4, Gold, Silver, & 6
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Modified Capitol Cup Format	Number of Athletes	43
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	8:00 AM	Open Stretch
	8:20 AM	Opening Ceremonies
	8:35 AM	Warm up First Event
Approx.	8:45 AM	Compete 1st Event

SESSION	2	USAG	Level(s)	USAG - Level 7 - 10
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Modified Capitol Cup Format	Number of Athletes	42
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	12:00 PM	Open Stretch
	12:20 PM	Opening Ceremonies
	12:35 PM	Warm up First Event
Approx.	12:50 PM	Compete 1st Event

SESSION	3	AAU	Level(s)	AAU - Bronze and Silver
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Modified Capitol Cup Format	Number of Athletes	84
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	4:00 PM	Open Stretch
	4:20 PM	Opening Ceremonies
	4:35 PM	Warm up First Event
Approx.	4:45 PM	Flight A Competes 1st event

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## 2022 Womens Bounce Gymnastics Invitational Final Schedule

Sunday	January	16	2022
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SESSION	4	AAU	Level(s)	AAU - 1 & 2
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Modified Capitol Cup Format	Number of Athletes	47
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	8:00 AM	Open Stretch
	8:15 AM	Opening Ceremonies
	8:25 AM	Warm up First Event
Approx.	8:35 AM	Flight A Competes 1st event

SESSION	5	AAU	Level(s)	AAU - 3
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Modified Capitol Cup Format	Number of Athletes	58
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	11:00 AM	Open Stretch
	11:15 AM	Opening Ceremonies
	11:25 AM	Warm up First Event
Approx.	11:35 AM	Flight A Competes 1st event

SESSION	6	AAU	Level(s)	AAU - 4, 6 & Gold
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Modified Capitol Cup Format	Number of Athletes	59
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	2:30 PM	Open Stretch
	2:50 PM	Opening Ceremonies
	3:00 PM	Warm up First Event
Approx.	3:10 PM	Flight A Competes 1st event

SESSION	7	AAU	Level(s)	AAU Platinum & Diamond
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Modified Capitol Cup Format	Number of Athletes	31
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	6:00 PM	Open Stretch
	6:20 PM	Opening Ceremonies
	6:30 PM	Warm up First Event
Approx.	6:40 PM	Flight A Competes 1st event