



2022 Mens Bounce Gymnastics Invitational Final Schedule

Saturday, January 22 2022

SESSION	1	USAG	Level(s)	USAG - Level 5, 6, 7 (Divisions 1, 2, 7 JN)
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Modified Capitol Cup Format	Number of Athletes	80
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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.	11:15 AM	Awards (Events and All-Around)

Meal and Large Cleaning Time

SESSION	2	USAG	Level(s)	USAG - Level 8, 9, 10, & Elite (Divisions JN & JE)
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Modified Capitol Cup Format	Number of Athletes	52
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	12:30 PM	Open Stretch
	12:50 PM	Opening Ceremonies
	1:00 PM	Warm up First Event
	1:15 PM	Compete First Event
Approx.	3:45 PM	Awards (Events and All-Around)



OU vs Air Force

Saturday, January 22, 2022 - 6:00 pm

Norman, OK @ Mccasland Field House

Sunday January 23 2022

SESSION 3 USAG Level(s) USAG - Level 3 (Divisions 1 & 2)

Modified Capitol Cup Format Number of Athletes 59

8:00 AM Open Stretch
8:20 AM Opening Ceremonies
8:30 AM Warm up First Event
8:40 AM Compete First Event
Approx. 11:00 AM Awards (Events and All-Around)

SESSION 4 USAG Level(s) USAG - Level 4 (Division 1 & 2)

Modified Capitol Cup Format Number of Athletes 64

12:00 PM Open Stretch
12:20 PM Opening Ceremonies
12:30 PM Warm up First Event
12:40 PM Compete First Event
Approx. 3:00 PM Awards (Events and All-Around)

SESSION 5 AAU Level(s) AAU - All Levels

Modified Capitol Cup Format Number of Athletes 34

4:00 PM Open Stretch
4:20 PM Opening Ceremonies
4:30 PM Warm up First Event
4:40 PM Compete First Event
Approx. 6:30 PM Awards (Events and All-Around)