



# 2023 Mens Bounce Gymnastics Invitational

## Final Schedule

Friday	January	6	2023
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SESSION	1	AAU	Level(s)	AAU - All Levels
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Modified Capitol Cup Format	Number of Athletes	29
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	6:00 PM	Open Stretch
	6:20 PM	Open Ceremonies
	6:30 PM	Warm up First Event
	6:40 PM	Compete First Event
Approx.	7:45 PM	Awards (Events and All-Around)



# 2023 Mens Bounce Gymnastics Invitational

## Final Schedule

**Saturday, January 7 2023**

<b>SESSION</b>	2	USAG	Level(s)	USAG - Level 3 (Divisions 1 & 2)
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<b>Modified Capitol Cup Format</b>	<b>Number of Athletes</b>	57
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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.	10:15 AM	Awards (Events and All-Around)

**LUNCH**

<b>SESSION</b>	3	USAG	Level(s)	USAG - Level 4 (Divisions 1, 2)
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<b>Modified Capitol Cup Format</b>	<b>Number of Athletes</b>	49
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	11:30 PM	Open Stretch
	11:50 PM	Opening Ceremonies
	12:00 PM	Warm up First Event
	12:15 PM	Compete First Event
Approx.	1:30 PM	Awards (Events and All-Around)

<b>SESSION</b>	4	USAG	Level(s)	USAG - Level 5, 6 (Divisions 1, 2)
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<b>Modified Capitol Cup Format</b>	<b>Number of Athletes</b>	38
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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.	4:50 PM	Awards (Events and All-Around)

**DINNER**

<b>SESSION</b>	5	USAG	Level(s)	USAG - Level 7, 8, 9, 10, & Elite (Divisions JN & JE)
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<b>Modified Capitol Cup Format</b>	<b>Number of Athletes</b>	53
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	5:30 PM	Open Stretch
	5:50 PM	Opening Ceremonies
	6:00 PM	Warm up First Event
	6:15 PM	Compete First Event
Approx.	8:00 PM	Awards (Events and All-Around)