



## 2023 Womens Bounce Gymnastics Invitational Final Schedule

Friday	January	13	2023
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SESSION	1	AAU	Level(s)	AAU - <b>Gold</b> (6-10) years old (Age as of 1/13/2023)
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Modified Capitol Cup Format	Number of Athletes	44
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	9:00 AM	Open Stretch
	9:20 AM	Opening Ceremonies
	9:30 AM	Warm up First Event
Approx.	9:40 AM	Compete 1st Event

SESSION	2	AAU	Level(s)	AAU - <b>Gold</b> 11+ years old (Age as of 1/13/23) & <b>Level 4, Level 5</b>
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Modified Capitol Cup Format	Number of Athletes	59
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	12:15 PM	Open Stretch
	12:35 PM	Opening Ceremonies
	12:45 PM	Warm up First Event
Approx.	12:55 PM	Compete 1st Event

SESSION	3	AAU	Level(s)	AAU - <b>Platinum, Diamond, Level 7, Level 8</b>
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Modified Capitol Cup Format	Number of Athletes	43
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	4:00 PM	Open Stretch
	4:20 PM	Opening Ceremonies
	4:30 PM	Warm up First Event
Approx.	4:40 PM	Compete 1st Event



## 2023 Womens Bounce Gymnastics Invitational Final Schedule

Saturday	January	14	2023
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SESSION	4	AAU	Level(s)	AAU - <b>Level 3</b> (5-8) years old (Age as of 1/13/2023)
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Modified Capitol Cup Format	Number of Athletes	48
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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	Compete 1st Event

SESSION	5	AAU	Level(s)	AAU - <b>Level 3</b> (9-13) years old (Ages as of 1/13/2023)
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Modified Capitol Cup Format	Number of Athletes	50
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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	Compete 1st Event

SESSION	6	AAU	Level(s)	AAU - <b>Silver</b> (6-9) years old (Age as of 1/13/23)
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Modified Capitol Cup Format	Number of Athletes	50
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	2:30 PM	Open Stretch
	2:45 PM	Opening Ceremonies
	2:55 PM	Warm up First Event
Approx.	3:05 PM	Compete 1st event

SESSION	7	AAU	Level(s)	AAU - <b>Silver</b> (10-15) years old (Age as of 1/13/23)
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Modified Capitol Cup Format	Number of Athletes	41
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	6:00 PM	Open Stretch
	6:15 PM	Opening Ceremonies
	6:25 PM	Warm up First Event
Approx.	6:35 PM	Compete 1st event



## 2023 Womens Bounce Gymnastics Invitational Final Schedule

Sunday	January	15	2023
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SESSION	8	AAU	Level(s)	AAU - 1 & 2
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Modified Capitol Cup Format	Number of Athletes	77
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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	Compete 1st event

SESSION	9	AAU	Level(s)	AAU - Bronze
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Modified Capitol Cup Format	Number of Athletes	61
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	11:30 AM	Open Stretch
	11:50 AM	Opening Ceremonies
	12:00 PM	Warm up First Event
Approx.	12:10 PM	Compete 1st event

SESSION	10	USAG	Level(s)	ALL
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Modified Capitol Cup Format	Number of Athletes	25
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	3:00 PM	Open Stretch
	3:20 PM	Opening Ceremonies
	3:30 PM	Warm up First Event
Approx.	3:45 PM	Compete 1st event

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