



2024 Mens Bounce Gymnastics Invitational

Final Schedule

Saturday, January 13 2024

SESSION	1	USAG	Level(s)	USAG - Level 5, 6 (Divisions 1, 2)
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Modified Capitol Cup Format	Number of Athletes	52
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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

SESSION	2	USAG	Level(s)	USAG - 7 - 10 & Elite (Divisions JO & JE)
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Modified Capitol Cup Format	Number of Athletes	42
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11:00 AM Open Stretch
11:15 AM Opening Ceremonies
11:25 AM Warm up First Event
11:35 AM Compete First Event

Approx. 2:00 PM Awards (Events and All-Around)

SESSION	3	USAG	Level(s)	USAG - Level 4 (Divisions 1, 2)
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Modified Capitol Cup Format	Number of Athletes	56
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2:30 PM Open Stretch
2:45 PM Opening Ceremonies
2:55 PM Warm up First Event
3:05 PM Compete First Event

Approx. 4:30 PM Awards (Events and All-Around)

DINNER



OU vs. Airforce - 5:45pm (McCasland Fieldhouse)



2024 Mens Bounce Gymnastics Invitational

Final Schedule

Sunday	January	14	2024
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SESSION	4	USAG	Level(s)	USAG - Level 3 (Divisions 1 & 2)
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Modified Capitol Cup Format	Number of Athletes	54
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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

SESSION	5	AAU	Level(s)	AAU - All Levels
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Modified Capitol Cup Format	Number of Athletes	28
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11:30 AM Open Stretch

11:50 AM Opening Ceremonies

12:00 PM Warm up First Event

12:15 PM Compete First Event

Approx. 1:30 PM Awards (Events and All-Around)