



## 2024 Womens Bounce Gymnastics Invitational

### Final Schedule

**Saturday February 17th 2024**

SESSION	1	AAU	Level(s)	AAU - Level 1's and 2's
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Modified Capitol Cup Format	Number of Athletes	58
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Approx. 8:00 AM Open Stretch  
 8:15 AM Opening Ceremonies  
 8:25 AM Warm up First Event  
 8:35 AM Compete 1st Event

SESSION	2	AAU	Level(s)	AAU - Level 3's
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Modified Capitol Cup Format	Number of Athletes	64
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Approx. 11:00 AM Open Stretch  
 11:15 AM Opening Ceremonies  
 11:25 AM Warm up First Event  
 11:35 AM Compete 1st Event

SESSION	3	AAU	Level(s)	AAU - <u>Golds Younger (2/1/2013-4/26/2016)</u> and Level 4's
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Modified Capitol Cup Format	Number of Athletes	53
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Approx. 2:30 PM Open Stretch  
 2:45 PM Opening Ceremonies  
 2:55 PM Warm up First Event  
 3:05 PM Compete 1st Event

SESSION	4	AAU	Level(s)	AAU - <u>Golds Older (9/1/2005-1/23/2013)</u> and Level 5's
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Modified Capitol Cup Format	Number of Athletes	47
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Approx. 6:00 PM Open Stretch  
 6:20 PM Opening Ceremonies  
 6:30 PM Warm up First Event  
 6:40 PM Compete 1st Event



## 2024 Womens Bounce Gymnastics Invitational

### Final Schedule

Sunday      February      18th      2024
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SESSION      5	AAU	Level(s)	AAU - <u>Level Bronze and Copper</u>
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	Modified Capitol Cup Format	Number of Athletes	36
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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      6	AAU	Level(s)	AAU - <u>Level Silver</u>
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	Modified Capitol Cup Format	Number of Athletes	76
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10:30 AM      Open Stretch  
 10:45 AM      Opening Ceremonies  
 10:55 AM      Warm up First Event  
 Approx.      11:05 AM      Compete 1st Event

SESSION      7	AAU	Level(s)	AAU - <u>Level Platinum and Diamond</u>
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	Modified Capitol Cup Format	Number of Athletes	47
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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