

FINAL 2018 Men’s Competition Schedule

# Thursday, February 1st

Open training, coaches must be present with athletes: 3pm – 7pm

# ALL SESSIONS WILL BE CAPITAL CUP FORMAT

Cross Judging (Like JO Nationals) for all sessions except Lv. 4 & Open Team Cup

# Friday, February 2nd

## Session 1, Level 7 (61, 62) and Junior Development (JD) (19, 22)

Open stretch 7:50am

Team introductions 8:15am

Flight A Warm up and begin competition 8:25am

Awards 12:30 pm

## Session 2, Level 8 (70, 67)

Open stretch 12:40 pm

Team introductions 1:05 pm

Flight A Warm up and begin competition 1:15 pm

Awards 4:45 pm

## Session 3, Open Team Cup (15 Teams)

Open stretch 4:45pm

Open Events Warmup 5:15-6:15 pm

Opening Ceremonies 6:15-6:25pm

1 Touch / Competition begins 6:25pm

Awards 9:00pm

# C:\Users\robinstein99\Downloads\HNI.JPG

# FINAL 2018 Men’s Competition Schedule

# Saturday, February 3rd

## Session 4, Level 9 (79, 74)

Open stretch 8:00am

Team introductions 8:25am

Flight A Warm up and begin competition 8:35am

Awards 12:45pm

## Session 5, Level 10 (15-16 year olds) (77, 74)

Open stretch 1:00pm

Team introductions 1:25pm

Flight A Warm up and begin competition 1:35pm

Awards 5:15pm

## Session 6, Sr. Elites & Level 10 (17-19 year olds) (59, 43, 10)

Open stretch 5:40pm

Team introductions 6:05pm

Flight A Warm up and begin competition 6:15pm

Awards 9:30pm

***Saturday Night: Great coaches party in the Holiday Inn – Next to NRG Center!***



# FINAL Men’s Competition Schedule

# Sunday, February 4th

## Session 7, Level 4 (60, 54)

Open stretch 8:30am

Team introductions 8:50am

Flight A Warm up and begin competition 9:00am

Awards 11:00am

## Session 8, Level 5 (90, 86)

Open stretch 11:20 am

Team introductions 11:45 am

Flight A Warm up and begin competition 11:55 pm

Awards 3:00 pm

## Session 9, Level 6 (86, 75)

Open stretch 3:15 pm

Team introductions 3:40 pm

Flight A Warm up and begin competition 3:45 pm

Awards 6:45 pm