

**FINAL**

2019 Men’s Competition Schedule

# Thursday, January 31st

Open training, coaches must be present with athletes: 3:30 pm – 7pm

# ALL SESSIONS WILL BE CAPITAL CUP FORMAT

Cross Judging (Like JO Nationals) for all sessions except Open Team Cup

# Friday, February 1st

## Session 1, Level 8 (12 yrs) and Level 9 (13 yrs)

Open stretch 8:00 am

Team introductions 8:25 am

Flight A Warm up and begin competition 8:35 am

Awards 12:00 pm

## Session 2, Level 8 (13+), Level 9 (14, 15+ yrs)

Open stretch 12:15 pm

Team introductions 12:40 pm

Flight A Warm up and begin competition 12:50 pm

Awards 4:15 pm

## Session 3, Open Team Cup (13 Teams)

Open stretch 4:40 pm (Athletes allowed in WU gym at 4:30)

Open Events Warmup 5:05-6:00 pm

Open Ceremonies 6:00-6:15 pm

1 Touch / Competition begins 6:20 pm

Awards 9:00 pm

# C:\Users\terwin\OneDrive - Evelyn Rubenstein Jewish Community Center of Houston\HNI 2019.25th.annvsry\Letterhead\HNI-25th Logo_Horizontal.jpg

# 2019 Men’s Competition Schedule

# Saturday, February 2nd

## Session 4, Level 7 (All), Lv. 8 (11 yrs)

Open stretch 7:50 am

Team introductions 8:15 am

Flight A Warm up and begin competition 8:20 am

Awards 11:30 am

## Session 5, Level 10 (15, 16 yrs)

Open stretch 11:45 am

Team introductions 12:10 pm

Flight A Warm up and begin competition 12:20 pm

Awards 4:45 pm

## Session 6, Sr. Elites & Level 10 (17-19 yrs)

Open stretch 5:15 pm

Team introductions 5:25 pm

Flight A Warm up and begin competition 5:35 pm

Awards 9:30 pm

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



# Men’s Competition Schedule

# Sunday, February 3rd

## Session 7, Level 6 (10,11,12+ yrs) Lv. JD (All)

Open stretch 8:00am

Team introductions 8:25am

Flight A Warm up and begin competition 8:35am

Awards 11:45 am

## Session 8, Level 5 (9,10,11+ yrs) Lv. 6 (8,9 yrs.)

Open stretch 12:00 pm

Team introductions 12:25 pm

Flight A Warm up and begin competition 12:35 pm

Awards 3:45 pm

## Session 9, Level 4 (6,7,8,9+ yrs) Lv. 5 (7,8 yrs)

Open stretch 4:00 pm

Team introductions 4:25 pm

Flight A Warm up and begin competition 4:35 pm

Awards 7:00 pm