

Above the Bar Gymnastics Invitational 2023 Tentative Session Schedule

Saturday, February 25th, 2023

Session 1 Boys Level 5D1, 5D2, L6D1, 6D2 Modified Capital Cup (Warm Up/Compete)

8:00 am Check-In for Athletes and Coaches
8:15 am Open Stretch and Spectator Entry
8:30 am March In
8:40 am Timed Warm-Ups Begin
(Competition Starts Immediately After Warm-Ups)
12:00 pm Awards

Session 2 Boys Levels XB, XS, XG, XP Modified Capital Cup (Warm Up/Compete)

12:45 pm Check-In for Athletes and Coaches
1:00 pm Open Stretch and Spectator Entry
1:15 pm March In
1:25 pm Timed Warm-Ups Begin
(Competition Starts Immediately After Warm-Ups)
4:15 pm Awards

Session 3 Boys Levels L7, L8, L9, L10 Modified Capital Cup (Warm Up/Compete)

4:45 pm Check-In for Athletes and Coaches
5:00 pm Open Stretch and Spectator Entry
5:15 pm March In
5:25 pm Timed Warm-Ups Begin
(Competition Starts Immediately After Warm-Ups)
8:30 pm Awards

Sunday, February 26th, 2023

Session 4 Boys Levels 3D1, 3D2 Modified Capital Cup (Warm Up/Compete)

- 8:00 am Check-In for Athletes and Coaches
- 8:15 am Open Stretch and Spectator Entry
- 8:30 am March In
- 8:40 am Timed Warm-Ups Begin
(Competition Starts Immediately After Warm-Ups)
- 12:00 pm Awards

Session 5 Boys Levels 4D1, 4D2 Modified Capital Cup (Warm Up/Compete)

- 12:45 pm Check-In for Athletes and Coaches
- 1:00 pm Open Stretch and Spectator Entry
- 1:15 pm March In
- 1:25 pm Timed Warm-Ups Begin
(Competition Starts Immediately After Warm-Ups)
- 4:15 pm Awards