

**Above the Bar Gymnastics Invitational 2022  
Session Schedule**

**Saturday, February 26<sup>th</sup>, 2022**

**Session 1 Boys Level 4D1, 4D2  
Modified Capital Cup (Warm Up/Compete)**

8:00 am	Check-In
8:15 am	Open Stretch
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 5D1, 5D2, XG, XP  
Modified Capital Cup (Warm Up/Compete)**

12:45 pm	Check-In
1:00 pm	Open Stretch
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 L6D1, 6D2, L7, L8, L9, L10  
Modified Capital Cup (Warm Up/Compete)**

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

## **Sunday, February 27<sup>th</sup>, 2022**

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

8:00 am     Check-In  
8:15 am     Open Stretch  
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 3D1, XS Modified Capital Cup (Warm Up/Compete)**

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