



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

Competition age groups calculated as age on 5/31/2019.

Friday, February 1st

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

L8 (12 yo) - Brycen, Gavin W

Open stretch 8:00 am

L9 (13 yo) - Kaleb

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)

L9 (14 yo) - Jason, Clark

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



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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

L7 - Ezra, Dalton, Brayden, Jeshua, Sinon, Grayson, Mikey

L8 (11 yo) - Carter

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

**L10 (15 yo) - Hunter, Izaac
L10 (16 yo) - Kyle**

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



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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

L6 (10 yo) - Dev

L6 (11 yo) - Liam

JD1 - Joshua, Reagan

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

L5 (9 yo) - Brae, Luke

L5 (10 yo) - Logan, Austin, Lane

L5 (11+ yo) - Alex

L6 (9 yo) - Evan, Graham, Blaise

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

L4 (7 yo) - Sebastian, Finn

L4 (8 yo) - Dominic, Joseph, Gavin R

L4 (9+ yo) - Kyler, Daniel

L5 (8 yo) - Jaden, Ethan