## **Thursday, April 8, 2021**

Session 1 Level 7 D1/D2 All Ages Modified Capital Cup

* Registration/Stretch …9:00 – 9:30
* Warm-up 1st Event …………………………………………………………………9:30—9:40
* Competition…………………………………………………………………………….9:40—11:40
* Awards ..11:45—12:15

Session 2 JD 1 All Ages…………………………………………………………………. Modified Capital Cup

* Registration/Stretch………. ..12:45 – 1:15
* Warm-up 1st Event ………………………………………………………………..1:15—1:25
* Competition ………………………………………………………………………. …1:25—3:30
* Awards …3:30—4:00

Session 3 JD 2 All Ages, Level 8 (13+), Level 9(15+)………………………... Modified Capital Cup

* Registration/Stretch………………………………………………………………4:30 – 5:00
* Timed Warm-ups……………………………………………………………………5:00—5:10
* Competition……………………………………………………………………………5:10—7:30
* Awards ...7:30—8:00

## **Friday, April 9, 2021**

Session 4 Level 9 (13-14)……………………………………………………………….Modified Capital Cup

* Registration/Stretch 8:00 – 8:30
* Warm-up 1st Event……………. 8:30-- 8:45
* Competition…………………………. 8:45--11:45
* Awards 11:45—12:15

Session 5 Level 10 (15-16)……………………………………………………………….Modified Capital Cup

* Registration/Stretch .1:00 – 1:30
* Warm-up 1st Event …………………………………………………………….1:30—1:45
* Competition begins …………………………………………………………….1:45—4:45
* Awards .4:45—5:15

Session 6 Level 10 (17-18)…………. ..Modified Capital Cup

* Registration/Stretch 5:45 – 6:15
* Warm-up 1st Event……………………………………………………………… 6:15—6:30
* Competition begins………………………………………………………………6:30—9:30
* Awards 9:30

\*\*\*\*Nationals Registration available after each Qualifying Session\*\*\*\*

## **Saturday, April 10, 2021**

Session 7 Level 8 (11-12) …………………………………………………………….Modified Capital Cup

* Registration/Stretch .8:30 – 8:55
* Warm-up 1st Event .9:00--9:15
* Competition begins ………………………………………………………………9:15—11:30
* Awards 11:30—12:00

\*\*\*\*Nationals Registration available after each Qualifying Session\*\*\*\*

Session 8 Level 6 D2 All Ages, Level 6 D1 (8-9) Modified Capital Cup

* Registration/Stretch 1:00 – 2:00
* Warm-up 1st Event .2:00—2:15
* Competition begins .2:15--4:15
* Awards 4:15—5:00

Session 9 Level 6 D1 (10-11)(12+) Modified Capital Cup

* Registration/Stretch……………………………………………………………. 6:00 – 6:30
* Warm-up 1st Event 6:30—6:45
* Competition begins 6:45—9:15
* Awards 9:15

## **Sunday, April 11, 2021**

Session 10 Level 5 D2 All Ages …………………………………………………………….Modified Capital Cup

* Registration/Stretch .8:00 – 8:30
* Warm-up 1st Event .8:35--8:45
* Competition begins ………………………………………………………………8:45—11:00
* Awards 11:00—11:45

Session 11 Level 5 D1 (7-8), (9)………………………………………………………Modified Capital Cup

* Registration/Stretch 12:30 – 1:00
* Warm-up 1st Event .1:00—1:15
* Competition begins .1:15--3:15
* Awards 3:15—3:45

Session 12 Level 5 D1 (10)(11+) Modified Capital Cup

* Registration/Stretch……………………………………………………………. 4:30 – 4:55
* Warm-up 1st Event 5:00—5:15
* Competition begins 5:15—7:45
* Awards 7:45