



2022 Region 7 Championships

Region 7 Director:

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Thursday April 7, 2022 AM Session 1 (Traditional) **8 am-12Noon** (62)

L4/D1/7-11 L4/D1/12+

8:00 AM Check in 8:25 Timed Warmup 9:30 AM March in 9:40 AM Competition Start

12:00 Awards

Thursday April 7, 2022, Afternoon Session 2 (Capital Cup) **12:30pm-4:30 pm** (100)

L4/D2/12+ L5/D2/8-12 **L6/D2/11+** L6/D1/12+

12:30 PM Check in 1:00 PM March in 1:10 Warm up 1st Event 1:25 PM Competition Start 4:00 PM Awards

Army Gymnastics Workout 4:30-6:00 Start in Warm up gym

Thursday April 7, 2022, PM Session 3 (Capital Cup) **6:00-10:00pm** (76)

L5/D1/8-12 L5/D1/13+ L6/D1/10-11 Club Platinum

6:00 PM Check in 6:30 PM March in 6:40 PM Warm up 1st Event 6:50 PM Competition Start 10:00 PM Awards



Friday April 8, 2022, AM Session 4 (Capital Cup) **8am-12 noon** (87)

L4/D2/7-9 L4/D2/10-11 L5/D2/13+

8:00 AM Check in 8:25 AM March in 8:35AM Warm up 1st Event 8:45 AM Competition Start 12:00 PM Awards

Friday April 8, 2022, Afternoon Session 5 (Capital Cup) **12:30pm-4:30pm** (100)

Level 4 D1 7-11 State Team Level 5 D1 8-12 State Team

12:30 PM Check in 1:00 PM March in 1:10 Warm up 1st Event 1:25 PM Competition Start 4:00 PM Awards

Army Gymnastics Workout 4:30-6:00 Start in Warm up gym

Friday April 8, 2022, PM Session 6 (Capital Cup) **6:00-9:30 pm** (81)

Level 10 18+

6:00 PM Check in 6:30 PM March in 6:40 Warm up 1st Event 6:55 PM Competition Start

9:30 PM Awards and Announcement of Development National Qualifiers



Saturday April 9, 2022, AM Session 7 (Capital Cup) 8am-12 noon (102)

Level 8 (12-13, 14+)

8:00 AM Check in 8:30 AM March in 8:40 AM Warm up 1st Event

8:50 AM Competition Start

12:00 PM Awards and Announcement of Eastern Championships Qualifiers

Saturday April 9, 2022, Afternoon Session 8 (Capital Cup) 12:30pm-4:30pm (105)

Level 9 (14-15, 16+)

12:30 PM Check in 1:00 PM March in 1:10 Warm up 1st Event

1:25 PM Competition Start

4:00 PM Awards and Announcement of Eastern Championships Qualifiers

Army Gymnastics Workout 4:30-6:00 Start in Warm up gym

Saturday April 9, 2022 PM Session 9 (Capital Cup) 6:00-10:00 pm (81)

Level 10 (16-17)

6:00 PM Check in 6:30 PM March in 6:40 Warm up 1st Event

6:55 PM Competition Start

9:30 PM Awards and Announcement of Development National Qualifiers



Sunday April 10, 2022, AM Session 10 (Capital Cup) 9:00 am-1:00 pm (107)

Level 7 (12-13) (14-15) (16+)

9:00 AM Check in 9:30 AM March in 9:40 AM Warm up 1st Event

9:55 AM Competition Start

1:00 PM Awards and Announcement of Eastern Championships Qualifiers

Sunday April 10, 2022, Afternoon Session 11 (Modified Capital Cup) 2:00-5:00pm (32)

Level 8 (12-13), 9 (14-15), 10 (16-17) (18+) Technical Sequences

2:00 PM Check In 2:30 PM March in 2:40 PM Warm up 1st event 2:50 PM Competition Start

5:00 PM Awards and Announcement of Development National Qualifiers JE Division Qualifiers