

MEET SCHEDULE:

**STATE MEET SCHEDULE - FRIDAY, FEBRUARY 10
CLASS "AA" TEAM CHAMPIONSHIPS, FRIDAY (SESSION 1)**

9:00 a.m.	Floor open for stretching - Open Warm-Ups – Equipment Check – Class "AA"
9:40 a.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
10:00 a.m.	Opening Announcements- National Anthem – Begin Class "AA" Team Competition
1:30 p.m. (approx.)	Special Awards
To follow	Awards – Class "AA" Team
Approx. 2:15	Class AA Practice time for individuals not involved in Team Day

CLASS "A" TEAM CHAMPIONSHIPS, FRIDAY (SESSION 2)

3:30 p.m.	Floor open for stretching - Open Warm-Ups – Equipment Check – Class "A"
4:10 p.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
4:30 p.m.	Opening Ceremony – National Anthem – Begin Class "A" Team Competition
8:00 p.m. (approx.)	Special Awards
To follow	Awards – Class "A" Team
Approx. 8:30 pm.	Class A Practice time for individuals not involved in Team Day

STATE MEET SCHEDULE - SATURDAY, FEBRUARY 11

CLASS "AA" INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 3)

9:00 a.m.	Floor Open Warm-Ups/Bar Setting – Equipment Check – Class "AA"
9:40 a.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
10:00 a.m.	Opening Announcements – National Anthem – Begin Class "AA" Individual Competition
1:35 p.m. (approx.)	Special Awards
To follow	Awards – Class "AA" Individual and All-Around

CLASS "A" INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 4)

3:30 p.m.	Floor Open Warm-Ups/Bar Setting – Equipment check – Class "A"
4:10 p.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
4:30 p.m.	Opening Ceremony – National Anthem – Begin Class "A" Individual Competition
8:15 p.m. (approx.)	Special Awards
To follow	Awards – Class "A" Individual and All-Around