



FINAL Men's Competition Schedule

Thursday, February 23rd

Open training, coaches must be present with athletes: 3pm – 7pm

ALL SESSIONS WILL BE CAPITAL CUP FORMAT

Cross Judging (Like JO Nationals) for all sessions except Open Team Cup

Friday, February 24th

Session 1, Level 7 (88) and Junior Development (JD) (24)

Open stretch	8:30am
Team introductions	8:50am
Flight A Warm up and begin competition	9:00am
Awards	11:30am

Session 2, Level 8 (75, 58)

Open stretch	12:00pm
Team introductions	12:20pm
Flight A Warm up and begin competition	12:30pm
Awards	4:00pm

Session 3, Open Team Cup (11 Teams)

Open stretch	4:30pm
Open Events Warmup	5:00-6:00pm
Opening Ceremonies	6:00-6:10pm
1 Touch / Competition begins	6:15pm
Awards	9:00pm



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Saturday, February 25th

Session 4, Level 9 (79, 60)

Open stretch	8:00am
Team introductions	8:20am
Flight A Warm up and begin competition	8:30am
Awards	12:00pm

Session 5, Level 10 (15-16 year olds) (77, 69)

Open stretch	12:15pm
Team introductions	12:35pm
Flight A Warm up and begin competition	12:45pm
Awards	4:30pm

Session 6, Elites (15) & Level 10 (17-19 year olds) (63, 52, 14)

Open stretch	5:00pm
Team introductions	5:20pm
Flight A Warm up and begin competition	5:30pm
Awards	9:15pm

Saturday Night: Great coaches party in the Garden Room in the Moody Gardens Resort lobby area!



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Sunday, February 26th

Session 7, Level 4 (74, 73)

Open stretch	8:00am
Team introductions	8:20am
Flight A Warm up and begin competition	8:30am
Awards	11:15am

Session 8, Level 5 (74, 72)

Open stretch	11:15am
Team introductions	11:35am
Flight A Warm up and begin competition	11:45am
Awards	2:15pm

Session 9, Level 6 (85, 81)

Open stretch	2:30pm
Team introductions	2:50pm
Flight A Warm up and begin competition	3:00pm
Awards	6:30pm