

Updated 2/2/26

**Above the Bar Gymnastics Invitational 2026
Session Schedule
Saturday, February 21st, 2026**

**Session 1 Boys Level 5D1, XB, XS, XG
Modified Capital Cup (Warm Up/Compete)**

8:00 am Check-In for Athletes and Coaches
8:15 am Open Stretch and Spectator Entry
8:30 am Timed Warm-Ups Begin
11:15 am Awards

**Session 2 Boys Levels XP, L7
Modified Capital Cup (Warm Up/Compete)**

12:15 pm Check-In for Athletes and Coaches
12:30 pm Open Stretch and Spectator Entry
12:45 pm Timed Warm-Ups Begin
3:30 pm Awards

**Session 3 Boys Levels L6JE, L6D1, L8, L9, L10
Modified Capital Cup (Warm Up/Compete)**

4:45 pm Check-In for Athletes and Coaches
5:00 pm Open Stretch and Spectator Entry
5:15 pm Timed Warm-Ups Begin
8:15 pm Awards

Sunday, February 22nd, 2026

**Session 4 Boys Levels 4D1, 4D2, 5D2
Modified Capital Cup (Warm Up/Compete)**

8:00 am Check-In for Athletes and Coaches
8:15 am Open Stretch and Spectator Entry
8:30 am Timed Warm-Ups Begin
11:30 am Awards

**Session 5 Boys Levels 3D1, 3D2
Modified Capital Cup (Warm Up/Compete)**

1:00 pm Check-In for Athletes and Coaches
1:15 pm Open Stretch and Spectator Entry
1:30 pm Timed Warm-Ups Begin
4:30 pm Awards