

Updated 2/5/25

**Above the Bar Gymnastics Invitational 2025
Session Schedule
Saturday, February 22nd, 2025**

**Session 1 Boys Level 5D1, 5D2, XB, XS
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 2 Boys Levels XP, L7
Modified Capital Cup (Warm Up/Compete)**

12:30 pm Check-In for Athletes and Coaches
12:45 pm Open Stretch and Spectator Entry
1:00 pm Timed Warm-Ups Begin
4:00 pm Awards

**Session 3 Boys Levels L6JE, L6JN, L8, L9, L10
Modified Capital Cup (Warm Up/Compete)**

5:00 pm Check-In for Athletes and Coaches
5:15 pm Open Stretch and Spectator Entry
5:30 pm Timed Warm-Ups Begin
8:30 pm Awards

Sunday, February 23rd, 2025

**Session 4 Boys Levels 4D1, 4D2, 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
11:30 am Awards

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

1:30 pm Check-In for Athletes and Coaches
1:45 pm Open Stretch and Spectator Entry
2:00 pm Timed Warm-Ups Begin
5:00 pm Awards