

## Above the Bar Gymnastics Invitational 2024 Tentative Session Schedule

**Saturday, February 24<sup>th</sup>, 2024**

### **Session 1 Boys Level 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 March In  
8:40 am Timed Warm-Ups Begin  
(Competition Starts Immediately After Warm-Ups)  
12:00 pm Awards

### **Session 2 Boys Levels XB, XS, XG Modified Capital Cup (Warm Up/Compete)**

12:45 pm Check-In for Athletes and Coaches  
1:00 pm Open Stretch and Spectator Entry  
1:15 pm March In  
1:25 pm Timed Warm-Ups Begin  
(Competition Starts Immediately After Warm-Ups)  
4:15 pm Awards

### **Session 3 Boys Levels L6D1, L6D2, L8, L9, L10, XP 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 March In  
5:25 pm Timed Warm-Ups Begin  
(Competition Starts Immediately After Warm-Ups)  
8:30 pm Awards

## Sunday, February 25<sup>th</sup>, 2024

### **Session 4 Boys Levels 3D1, 3D2 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 March In
- 8:40 am Timed Warm-Ups Begin  
(Competition Starts Immediately After Warm-Ups)
- 12:00 pm Awards

### **Session 5 Boys Levels 5D1, L7 Modified Capital Cup (Warm Up/Compete)**

- 12:45 pm Check-In for Athletes and Coaches
- 1:00 pm Open Stretch and Spectator Entry
- 1:15 pm March In
- 1:25 pm Timed Warm-Ups Begin  
(Competition Starts Immediately After Warm-Ups)
- 4:15 pm Awards