

## **2009 Judges Cup – Optional**

**Session 1**  
**Novice**  
**Open Stretch**  
**Warm Up/Flight A**  
**Line Up/March In**  
**Competition**  
**Awards to Follow**

**Saturday, Jan. 9, 2010**  
**61 Gymnasts---Capital Cup**  
**8:00am - 8:20am**  
**8:20am - 8:40am**  
**8:40am - 8:50am**  
**8:50am - 11:30am**

**Session 2**  
**Level 7**  
**Open Stretch**  
**Warm up/Flight A**  
**Line Up/March In**  
**Competition**  
**Awards to Follow**

**Saturday, Jan. 9, 2010**  
**56 Gymnasts---Capital Cup**  
**12:00pm - 12:30pm**  
**12:30pm - 12:50pm**  
**12:50pm - 1:00pm**  
**1:00pm - 4:00pm**

**Session 3**  
**Level 8 - 10**  
**Open Stretch**  
**Warm Up/Flight A**  
**Line Up/March In**  
**Competition**  
**Awards to Follow**

**Saturday, Jan. 9, 2010**  
**46 Gymnasts---Capital Cup**  
**4:30pm - 5:00pm**  
**5:00pm - 5:20pm**  
**5:20pm - 5:30pm**  
**5:30pm – 9:00pm**

**Session 4**  
**Premier & Prep 1**  
**Open Stretch**  
**Warm Up/Flight A**  
**Line Up/March In**  
**Competition**  
**Awards to Follow**

**Sunday, Jan. 10, 2010**  
**61 Gymnasts---Capital Cup**  
**8:00am - 8:20am**  
**8:20am - 8:40am**  
**8:40am - 8:50am**  
**8:50am - 11:50am**

**Session 5**  
**Rookie 1**  
**Open Stretch**

**Sunday, Jan. 10, 2010**  
**59 Gymnasts---Capital Cup**  
**12:30pm - 12:50pm**

**Warm Up/Flight A  
Line Up/March In  
Competition  
Awards to Follow**

**12:50pm - 1:05pm  
1:05pm - 1:15pm  
1:15pm - 3:30pm**

**Session 6  
Rookie 2  
Open Stretch  
Warm Up/Flight A  
Line Up/March In  
Competition  
Awards to Follow**

**Sunday, Jan. 10, 2010  
40 Gymnasts---Capital Cup  
4:00pm - 4:20pm  
4:20pm - 4:30pm  
4:30pm - 4:40pm  
4:40pm - 6:15pm**