

2015 Region 8 Men's Championships



USA GYMNASTICS.
Sanctioned Event

Hosted by The Gymnastics Revolution
Palm Beach County Convention Center
Palm Beach, Florida



Competition Schedule

Thursday, April 9, 2015

*Open Workout at the Palm Beach County Convention Center
Levels 8, 9 and 10 Only
3:00 PM - 6:00 PM
ALL Athletes MUST be accompanied by their coach.*

Friday, April 10, 2015

Session FR1 - Modified Capitol Cup		Session FR2 - Capitol Cup	
<i>Technical Sequences</i>		<i>Level 5</i>	
General Stretch	8:00 AM	General Stretch	11:00 AM
Introductions and March In	8:20 AM	Introductions and March In	11:20 AM
Competition	8:30 AM	Competition	11:30 AM
Individual Awards to follow.			

Session FR3 - Capitol Cup	
<i>Level 6</i>	
General Stretch	4:30 PM
Introductions and March In	4:50 PM
Competition	5:00 PM
Individual Awards to follow.	

Saturday, April 11, 2015

Session SA1 - Capitol Cup		Session SA2 - Capitol Cup	
<i>Level 8, 11-12 Age Division</i>		<i>Level 10</i>	
General Stretch	8:00 AM	General Stretch	12:00 PM
Introductions and March In	8:20 AM	Introductions and March In	12:20 PM
Competition	8:30 AM	Competition	12:30 PM
Individual Awards to follow.		Individual Awards to follow.	

Session SA3 - Capitol Cup	
<i>Level 9, 13-14 Age Division</i>	
General Stretch	5:15 PM
Introductions and March In	5:35 PM
Competition	5:45 PM
Individual Awards to follow.	

Sunday, April 12, 2015

Session SU1 - Capitol Cup		Session SU2 - Capitol Cup	
<i>Level 8, 13 - 14 & 15 - 18 Age Divisions Level 9, 15 - 16 & 17 - 18 Age Divisions</i>		<i>Level 7</i>	
General Stretch	8:00 AM	General Stretch	11:15 AM
Introductions and March In	8:20 AM	Introductions and March In	11:35 AM
Competition	8:30 AM	Competition	11:45 AM
Individual Awards to follow.		Individual Awards to follow. (Approx. 2:45 PM)	