



November 18-19, 2017

Rockwall High School

901 Yellowjacket Ln, Rockwall, TX 75087

### Capital Cup Format

2 Separate Gyms  
Warm Up Gym  
& Competition Gym

### Leotard Pick Up

Friday 6:00pm - 9:00pm @ Rockwall HS Gym Foyer  
Saturday beginning at 7:30am @ Rockwall HS Gym Foyer  
Sunday beginning at 7:30am @ Rockwall HS Gym Foyer

## Saturday

### Session 1

#### Sr C1, C2, C3

8:00am - Open Stretch  
8:20am - Flight A Warm Up  
8:30am - March In/Line Up  
8:38am - Competition  
11:20am - Awards

Age Group		
Sr C1	12/9/2005	4/23/2006
Sr C2	5/25/2005	12/8/2005
Sr C3	1/1/2000	5/24/2005

### Session 2

#### Sr B1, B2, B3

11:30am - Open Stretch  
11:50am - Flight A Warm Up  
12:00pm - March In/Line Up  
12:08pm - Competition  
2:45pm - Awards

Age Group		
Sr B1	11/24/2006	2/26/2007
Sr B2	8/29/2006	11/23/2006
Sr B3	4/24/2006	8/28/2006

### Session 3

#### Sr A1, A2, A3

3:00pm - Open Stretch  
3:20pm - Flight A Warm Up  
3:30pm - March In/Line Up  
3:38pm - Competition  
6:15pm - Awards

Age Group		
Sr A1	8/3/2007	10/3/2007
Sr A2	5/11/2007	8/2/2007
Sr A3	2/27/2007	5/10/2007



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**Session 4**

**Jr C1, C2, C3**

6:30pm - Open Stretch  
6:50pm - Flight A Warm Up  
7:00pm - March In/Line Up  
7:08pm - Competition  
9:45pm - Awards

Age Group		
Jr C1	3/11/2008	5/11/2008
Jr C2	1/3/2008	3/10/2008
Jr C3	10/4/2007	1/2/2008

**Sunday**

**Session 5**

**Jr B1, B2, B3**

8:00am - Open Stretch  
8:20am - Flight A Warm Up  
8:30am - March In/Line Up  
8:38am - Competition  
11:10am - Awards

Age Group		
Jr B1	10/8/2008	12/1/2008
Jr B2	7/30/2008	10/7/2008
Jr B3	5/12/2008	7/29/2008

**Session 6**

**Jr A1, A2, A3**

11:30am - Open Stretch  
11:50am - Flight A Warm Up  
12:00pm - March In/Line Up  
12:08pm - Competition  
2:45pm - Awards

Age Group		
Jr A1	6/28/2009	12/31/2017
Jr A2	2/17/2009	6/27/2009
Jr A3	12/2/2008	2/16/2009