



2014 Region 8 Men's Championships Hosted by Alabama Starz Gymnastics Samford University Birmingham, Alabama



Competition Schedule

Thursday, April 10, 2014

*Open Workout at Samford University
Levels 7 - 10
4:00 PM - 7:00 PM
Athletes must be accompanied by their coach.*

Friday, April 11, 2014

| Session FR1 - Modified Capitol Cup | | Session FR2 - Capitol Cup | |
|---|---------|----------------------------------|----------|
| <i>Technical Sequences</i> | | <i>Level 5</i> | |
| General Stretch | 9:00 AM | General Stretch | 12:00 PM |
| Introductions and March In | 9:20 AM | Introductions and March In | 12:20 PM |
| Competition | 9:30 AM | Competition | 12:30 PM |
| Individual Awards to follow. | | | |

Session FR3 - Capitol Cup
Level 6

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|-------------------------------------|---------|
| General Stretch | 5:00 PM |
| Introductions and March In | 5:20 PM |
| Competition | 5:30 PM |
| Individual Awards to follow. | |

Saturday, April 12, 2014

| 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 | 12:45 PM |
| Introductions and March In | 8:20 AM | Introductions and March In | 1:05 PM |
| Competition | 8:30 AM | Competition | 1:15 PM |
| Individual Awards to follow. | | Individual Awards to follow. | |

Session SA3 - Capitol Cup
Level 9

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|-------------------------------------|---------|
| General Stretch | 6:00 PM |
| Introductions and March In | 6:20 PM |
| Competition | 6:30 PM |
| Individual Awards to follow. | |

Sunday, April 13, 2014

| Session SU1 - Capitol Cup | | Session SU2 - Capitol Cup | |
|--|---------|---|----------|
| <i>Level 8 13-14 & 15-18 Age Divisions</i> | | <i>Level 7</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. | | Individual Awards to follow. (Approx. 3:45 PM) | |