

Final Schedule for 2017 NJ State Championships



USA GYMNASTICS.
Sanctioned Event

Friday March 17th, 2017

| Technical Sequences- Modified Capital Cup | |
|--|----------------|
| Check in: | 6:00-6:30 p.m. |
| Warm up first 3 events: | 6:30-7:00 |
| Compete first 3 events: | 7:00-7:30 |
| Warm up last 3 events: | 7:30-8:00 |
| Compete last 3 events: | 8:00-8:30 |
| Competition concludes: | 8:30 |
| NO Awards | |

Saturday March 18th, 2017

| Session 1– Level 5 D2 All Ages | |
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| Check in: | 8:00-8:30 a.m. |
| Timed Warm ups: | 8:30-9:30 |
| March-in: | 9:30-9:45 |
| Competition: | 9:45-11:00 |
| Awards: | 11:15–12:00 |

| Session 2 – Level 5 D1 All Ages | |
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| Check in: | 11:15-11:45a.m. |
| Timed Warm ups: | 11:45-12:45 |
| March-in: | 12:45-1:00 p.m. |
| Competition: | 1:00-2:30 |
| Awards: | 2:45–3:30 |

| Session 3 – Level 4 D1 & D2 All Ages | |
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| Check in: | 3:00-3:30 p.m. |
| Timed Warm ups: | 3:30-4:45 |
| March-in: | 4:45-5:00 |
| Competition: | 5:00-7:00 |
| Awards: | 7:15–8:15 |

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Sunday March 19th, 2017



| Session 4- Level 7 , 8 & JD All Ages | |
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| Check in: | 8:00-8:30 a.m. |
| Timed Warm ups: | 8:30-9:30 |
| March-in: | 9:30-9:45 |
| Competition: | 9:45-11:30 |
| Awards: | 11:30–12:30 p.m. |

| Session 5 – Level 9 & 10 All Ages | |
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| Check in: | 11:30-12:00 |
| Timed Warm ups: | 12:00-1:00 |
| March-in/senior awards: | 1:00-1:30 |
| Competition: | 1:30-3:30 |
| Awards: | 3:30–4:30 |

| Session 6– Level 6 All Ages | |
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| Check in: | 3:30-4:00 p.m. |
| Timed Warm ups: | 4:00-5:00 |
| March-in: | 5:00-5:15 |
| Competition: | 5:15-6:30 |
| Awards: | 6:30–7:30 |