

Astronaut Dave Brown Memorial

2023 Girl's Meet Schedule

(11/6/23)

Session I – Saturday, December 9th - Modified Capitol Cup (Warm-up/compete)

Girls – Level 3 & Silver

7:30 am – Check-In

8:00 am – Open stretch

8:20 am – Assemble at starting event/Opening Ceremony

8:30 am - Timed Warm-Ups start with competition following immediately.

Session II – Saturday, December 9th - Modified Capitol Cup (Warm-up/compete)

Girls - Levels 4, 5 & Gold

12:30 pm – Check-In

1:00 pm – Open stretch

1:20 pm – Assemble at starting event/Opening Ceremony

1:30 pm – Timed Warm-Ups begin with competition following immediately.

Session III – Saturday, December 9th - Modified Capitol Cup (Warm-up/compete)

Girls - Levels - 6-9, P&D

5:00 pm – Check-In

5:15 pm – Open stretch

5:35 pm – Assemble at starting event/Opening Ceremony

5:45 pm - Timed Warm-Ups begin with competition following immediately.

Session IV – Sunday Dec. 10th - Modified Capitol Cup (Warm-up/compete)

Girls - Levels Bronze & 2s

9:00 am – Check-In

9:30 am – Open stretch

9:50 am – Assemble at starting event/Opening Ceremony

10:00 am - Timed Warm-Ups start with competition following immediately.

We will follow the Olympic order of events:

Awards to follow competition.