

**Jamestown Gymnastics Club**  
**Winter Escape Schedule**  
**February 22 & 23, 2020**

Jamestown High School  
1509 10th St NE  
Jamestown, ND 58401

**Saturday, February 22, 2020**

*Doors open at 7:30 am*

**Session #1 Level 3 Session 1 (55 gymnasts)**

Modified Capital Cup  
8:00-8:20 AM      Open Stretch  
8:20-8:30 AM      Lineup, Intro, & Anthem  
8:30-10:30 AM      Warm Up/Competition  
10:30 AM            Awards

**Session #2 Level 3 & Bronze Session 2 (91 gymnasts)**

Modified Capital Cup  
10:30-10:50 AM      Open Stretch & 1st Event Warm Up  
10:50-11:00 AM      Lineup & Introductions  
11:00-1:45 PM        Warm Up/Competition  
1:45 PM              Awards

**Session #3 Level 4 (96 gymnasts)**

Modified Capital Cup  
1:45-2:05 PM        Open Stretch & 1st Event Warm Up  
2:05-2:15 PM        Lineup & Introductions  
2:15-5:30 PM        Warm Up/Competition  
5:30 PM              Awards

**Session #4 Levels 6-9 Platinum & Diamond(53 gymnasts)**

Modified Capital Cup  
5:30-5:50 PM        Open Stretch & 1st Event Warm Up  
5:50-6:00 PM        Lineup & Introductions  
6:00-8:30 PM        Warm Up/Competition  
8:30 PM              Awards

**Sunday, February 23, 2020**

*Doors open at 7:30 am*

**Session #5 Level 5 & Gold (91 gymnasts)**

Modified Capital Cup  
8:00-8:20 AM      Open Stretch  
8:20-8:30 AM      Lineup, Intro, & Anthem  
8:30-11:45 AM      Warm Up/Competition  
11:45 AM            Awards

**Session #6 Xcel Silver (55 gymnasts)**

Modified Capital Cup  
11:45-12:05 AM      Open Stretch & 1st Event Warm Up  
12:05-12:15 AM      Lineup & Introductions  
12:15-2:00 PM        Warm Up/Competition & Awards  
2:00 PM              Awards

**Session #7 Mini Meet (64 gymnasts)**

Modified Capital Cup  
2:00 - 2:20 PM        Open Stretch & 1st Event Warm Up  
2:20 - 2:30 PM        Lineup & Introductions  
2:30- 4:00 PM        Warm Up/Competition & Awards  
4:00 PM              Awards