



Saturday January 19th and Sunday 20th 2019

**World Harvest Church
4595 Gender Rd, Canal Winchester
OH 43110**

All sessions will be Modified Capital Cup format

SATURDAY JANUARY 19th

Session 1

7:45 a.m.
8:00 a.m.
8:30 a.m.
9:30 a.m.
9:45 a.m.

Levels Bronze, Silver, Gold

Check In
Open Stretch
Warm up
Introductions
Competition

Session 2

12:00 p.m.
12:30 p.m.
1:45 p.m.
2:00 p.m.

Levels 2 and 3

Open Stretch
Warm up
Introductions
Competition

Session 3

4:00 p.m.
4:30 p.m.
5:45 p.m.
6:00 p.m.

Levels 4, 5, and 6

Open Stretch
Warm up
Introductions
Competition

SUNDAY JANUARY 20th

Session 4

9:00 a.m.
9:15 a.m.
9:45 a.m.
10:15 a.m.
10:30 a.m.

Levels 7, 8, 9, 10, Platinum and Diamond

Check In
Open Stretch
Warm up
Introductions
Competition