



2018 Atlantis Crown Schedule of Events



FRIDAY

GYM A (MODIFIED CAPITAL CUP)

Session #1	Level 7A	
CHECK IN/GENERAL STRETCH		8:00am
INTRODUCTIONS		8:20am
TIMED WARM UP		8:30am
COMPETITION BEGINS		8:48am
AWARDS		11:30am

Session #3	Level 7B	
CHECK IN/GENERAL STRETCH		11:45am
INTRODUCTIONS		12:05pm
TIMED WARM UP		12:15pm
COMPETITION BEGINS		12:29pm
AWARDS		3:00pm

Session #6	Level 9/10A	
CHECK IN/GENERAL STRETCH		3:30pm
INTRODUCTIONS		3:50pm
TIMED WARM UP		4:00pm
COMPETITION BEGINS		4:16pm
AWARDS		8:00pm

GYM B (MODIFIED TRADITIONAL)

Session #2	Level 1/2	
CHECK IN/GENERAL STRETCH		8:00am
INTRODUCTIONS		8:20am
TIMED WARM UP		8:30am
COMPETITION BEGINS		8:37am
AWARDS		10:20am

Session #4	Level 3	
CHECK IN/GENERAL STRETCH		10:30am
INTRODUCTIONS		10:50am
TIMED WARM UP		11:00am
COMPETITION BEGINS		11:09am
AWARDS		12:50pm

Session #5	Level 3/XB	
CHECK IN/GENERAL STRETCH		1:00pm
INTRODUCTIONS		1:20pm
TIMED WARM UP		1:30pm
COMPETITION BEGINS		1:39pm
AWARDS		3:20pm

Session #7	Xcel Silver	
CHECK IN/GENERAL STRETCH		3:30pm
INTRODUCTIONS		3:50pm
TIMED WARM UP		4:00pm
COMPETITION BEGINS		4:14pm
AWARDS		6:45pm



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SATURDAY

GYM A (MODIFIED CAPITAL CUP)

Session #8	Level 8A	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:48am	
AWARDS	11:50am	
Session #10	Level 9/10B	
CHECK IN/GENERAL STRETCH	12:00pm	
INTRODUCTIONS	12:20pm	
TIMED WARM UP	12:30pm	
COMPETITION BEGINS	12:45pm	
AWARDS	3:10pm	
Session #12	Level 8B	
CHECK IN/GENERAL STRETCH	3:15pm	
INTRODUCTIONS	3:35pm	
TIMED WARM UP	3:45pm	
COMPETITION BEGINS	3:57pm	
AWARDS	6:20pm	
Session #14	Level 6A	
CHECK IN/GENERAL STRETCH	6:30pm	
INTRODUCTIONS	6:50pm	
TIMED WARM UP	7:00pm	
COMPETITION BEGINS	7:12pm	
AWARDS	9:45pm	

GYM B (MODIFIED TRADITIONAL)

Session #9	Level 4	
CHECK IN/GENERAL STRETCH	8:00am	
INTRODUCTIONS	8:20am	
TIMED WARM UP	8:30am	
COMPETITION BEGINS	8:44am	
AWARDS	11:20am	
Session #11	Level 4/5	
CHECK IN/GENERAL STRETCH	11:30am	
INTRODUCTIONS	11:50am	
TIMED WARM UP	12:00pm	
COMPETITION BEGINS	12:15pm	
AWARDS	3:00pm	
Session #13	Xcel Gold A	
CHECK IN/GENERAL STRETCH	3:15pm	
INTRODUCTIONS	3:35pm	
TIMED WARM UP	3:45pm	
COMPETITION BEGINS	3:55pm	
AWARDS	5:45pm	

Boy's Open Training
6:30pm – 8:30pm



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SUNDAY

GYM A (MODIFIED CAPITAL CUP)

Session #15	Level 6B
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:44am
AWARDS	11:45am

Session #17	Xcel Gold B
CHECK IN/GENERAL STRETCH	12:00pm
INTRODUCTIONS	12:20pm
TIMED WARM UP	12:30pm
COMPETITION BEGINS	12:39pm
AWARDS	3:05pm

Session #19	Xcel Platinum/Diamond
CHECK IN/GENERAL STRETCH	3:15pm
INTRODUCTIONS	3:35pm
TIMED WARM UP	3:45pm
COMPETITION BEGINS	4:01pm
AWARDS	7:15pm

GYM B (MODIFIED TRADITIONAL)

Session #16	Boys Level 4 - 6
CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:42am
AWARDS	11:30am

Session #18	Boys Level 7-10, Elite, & JD-1
CHECK IN/GENERAL STRETCH	12:00pm
INTRODUCTIONS	12:20pm
TIMED WARM UP	12:30pm
COMPETITION BEGINS	12:45pm
AWARDS	4:45pm