

Sunday, March 2, 2008



Session #6

Level 5

Check In / Stretch : 5:00 – 5:30 pm

Competition : 5:30 – 8:30 pm

MODIFIED Capital Cup Format

The WildFire Challenge & Awards Follow Competition

MODIFIED Capital Cup Format – This is your COMPETITION order

Vault	Bars	Beam	Floor
All Amer Flames - 12	All Amer Flames - 9 Phenomenal Flips - 4	Splitz - 8 Phoenix - 5	Splitz - 12



Gymnast	Vault	Bars	Beam	Floor	A.A.
TEAM					