

2016 Region 8 Men's Championships



Hosted by Charleston Twisters
Jekyll Island Convention Center
Jekyll Island, Georgia



Competition Schedule

Thursday, April 7, 2016

*Open Workout at the Jekyll Island Convention Center
LEVELS 8, 9 and 10 ONLY
3:00 PM - 7:00 PM*

ALL ATHLETES MUST BE ACCOMPANIED BY THEIR PERSONAL COACH.

Friday, April 8, 2016

Session FR1 - Capitol Cup		Session FR2 - Capitol Cup	
JE Athletes - Technical Sequences		Level 5	
General Stretch	8:00 AM	General Stretch	11:30 AM
Introductions	8:20 AM	Introductions	11:50 AM
Competition	8:30 AM	Competition	12:00 PM
		Individual Awards to follow.	

Session FR3 - Capitol Cup	
Level 6	
General Stretch	4:30 PM
Introductions	4:50 PM
Competition	5:00 PM
Individual Awards to follow. (Approx. 9:30 PM)	

Saturday, April 9, 2016

Session SA1 - Capitol Cup	
Level 8, 11-12 Age Division	
General Stretch	8:00 AM
Introductions	8:20 AM
Competition	8:30 AM
Individual Awards to follow.	

There will be an Open Workout for Session SU1 Level 9, 13 - 14 Age Group athletes ONLY immediately following Session SA1.
The workout will start at approximately 12:00 Noon and conclude at 12:50 PM to prepare for Session SA2.
To participate, an athlete must be accompanied by his personal coach.
All entrance fees will be in effect for any spectators who choose to enter the arena for this workout period.

Session SA2 - Capitol Cup		Session SA3 - Capitol Cup	
Level 10, 15 - 16 Age Division		Level 8, 13 - 14 & 15 - 18 Age Divisions Level 9, 15 - 16 & 17 - 18 Age Divisions Level 10, 17 - 18 Age Division	
General Stretch	1:00 PM	General Stretch	5:00 PM
Introductions	1:20 PM	Introductions and Awards	5:20 PM
Competition	1:30 PM	Competition	5:30 PM
Individual Awards to follow.		Individual Awards to follow.	

Sunday, April 10, 2016

Session SU1 - Capitol Cup		Session SU2 - Capitol Cup	
Level 9, 13 - 14 Age Division		Level 7	
General Stretch	8:00 AM	General Stretch	1:00 PM
Introductions	8:20 AM	Introductions	1:20 PM
Competition	8:30 AM	Competition	1:30 PM
Individual Awards to follow.		Individual Awards to follow. (Approx. 4:00 PM)	