



1st Annual Don Sellman Invitational Tentative Competition Schedule

**Saturday, December 1st
Modified Capital Cup Format**

Session 1

Levels 4 & 5

9:00 - 9:30

Open Stretch

9:30 - 9:40

1st Event Warmup

9:45 - 10:00

Team Introductions

10:00

Competition Begins

Awards to Follow

Session 2

Levels 6 - 10 & JD

12:30 - 1:00

Open Stretch

1:00 - 1:10

1st Event Warmup

1:15 - 1:30

Team Introductions

1:30

Competition Begins

Awards to Follow