

CA Capital CUP Schedule

Hosted by *Bulanin Rhythmic Gymnastics* January 21-22 ,
2023

Gym address: Del Campo High School 4925 Dewey Dr, Fair Oaks, CA 95628

Saturday 1/21/2023



Time	Event	Clubs/Notes
8:00 AM	Gym Open	
8:50 AM-9:40 AM	Xcel Bronze (two gymnast on the carpet)	
9:40 AM	Xcel Bronze Awards	Awards
10:00 AM-10:35 AM	Xcel Silver (two gymnast on the carpet)	
10:35 AM-11:30 AM	Xcel Diamond and Gold	
11:30 AM	Xcel Silver, Diamond, Gold Awards	Awards
11:30 AM-12:00 PM	Judges lunch break	
12:00 PM-12:40 PM	Level 5 Floor/Ball	
12:45 PM-2:00 PM	Level 6 Group Floor/Rope	
2:00 PM- 2:15 PM	Judges break	
2:15 PM-3:40 PM	Level 7 Floor/Hoop	
3:50 PM- 4:30 PM	Level 8 Floor/Ball	
4:30 PM-4:45 PM	Judges break	
4:45 PM - 7:00 PM	Level 9 JR, SR, 10 Hoop/Ball	

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Sunday 1/22/2023

Time	Event	Clubs/Notes
8:00 AM	Gym Open	
8:50 AM- 10:00 AM	Level 3 and Level 4 Group A (two gymnast on the carpet)	BUL (L3),Nino, Bravo, East Bay
10:00 AM -10:40 AM	Level 4 Group B (two gymnast on the carpet)	BUL, Diana's
10:45 AM	Awards level 3, 4	Awards
10:45 AM	Judges break	
11:15 AM - 11:50 AM	Level 5 Clubs/Ribbon	
12:00 PM- 1:15 PM	Level 6 Hoop/Ribbon	
1:20 PM - 1:50 PM	Level 5,6 Awards and Judges Lunch	Awards
1:50 PM- 3:15 PM	Level 7 Ball/Clubs	
3:20 PM- 4:00 PM	Level 8 Clubs/Ribbon	
4:00 PM	Group Performance	
4:10 PM	Level 7, 8 Awards	Awards
4:45 PM- 6:45 PM	Level 9 JR, SR, 10 Clubs/Ribbon	
6:50 PM	Level 9,10 Awards	Awards