



Competition Schedule

FRIDAY, March 2, 2011

Pete Maravich Assembly Center - LSU

Modified Traditional Format

Session 1 Level 9 46

8:00	-	8:30 Open Stretch
8:10	-	8:20 Coaches Meeting
8:30	-	8:45 1st Warm-Up
8:45	-	8:55 March In - Opening and Team Introductions
12:00		AWARDS

Session 2 Level 10/Open 21

12:15	-	12:45 Open Stretch
12:25	-	12:35 Coaches Meeting
12:45	-	12:55 1st Warm-Up - 1st Half
12:55	-	1:05 March In - Opening and Team Intros
2:45		AWARDS

LSU vs. NORTH CAROLINA STATE - 7:00 pm

Tickets Available at the LSU Box Office



Competition Schedule

SATURDAY, March 3, 2012

Pete Maravich Assembly Center - LSU

Modified Capitol Cup Format

Session 3	Level 7	66
8:00	- 8:20	Open Stretch - A Equipment
8:05	- 8:15	Coaches Meeting
8:15	- 8:35	Open Stretch - B Equipment
8:20	- 8:35	1st Warm-Up A Equipment
8:35	- 8:45	March In - Opening and Team Introductions
11:30		AWARDS

Session 4	Level 8/Xcel Platinum	64
11:45	- 12:05	Open Stretch - A Equipment
11:50	- 12:00	Coaches Meeting
12:05	- 12:25	Open Stretch - B Equipment
12:05	- 12:25	1st Warm-Up A Equipment
12:25	- 12:35	March In - Opening and Team IntroS
3:15		AWARDS

Session 5	Level 5	79
3:30	- 3:50	Open Stretch - A Equipment
3:35	- 3:45	Coaches Meeting
3:50	- 4:10	Open Stretch - B Equipment
3:50	- 4:10	1st Warm-Up A Equipment
4:10	- 4:20	March In - Opening and Team Intros
6:15		AWARDS

Session 6	Level 6/Xcel Gold	85
6:30	- 6:50	Open Stretch - A Equipment
6:35	- 6:45	Coaches Meeting
6:50	- 7:00	Open Stretch - B Equipment
6:50	- 7:00	1st Warm-Up A Equipment
7:00	- 7:10	March In - Opening and Team Introductions
9:30		AWARDS



Competition Schedule

SUNDAY, March 4, 2012

Pete Maravich Assembly Center - LSU

Modified Capitol Cup Format

Session 7 Xcel Bronze/Silver 48

8:00	-	8:20	Open Stretch - A Equipment
8:05	-	8:15	Coaches Meeting
8:10	-	8:30	Open Stretch - B Equipment
8:20	-	8:30	1st Warm-Up A Equipment
8:30	-	8:40	March In - Opening and Team Intros
10:15			AWARDS

Session 8 Level 2 52

10:30	-	10:50	Open Stretch
10:35	-	10:45	Coaches Meeting
10:35	-	10:55	Open Stretch - B Equipment
10:50	-	10:55	1st Warm-Up - 1st Half
10:55	-	11:05	March In - Opening and Team Intros
12:30			AWARDS

Session 9 Level 3 96

12:45	-	1:05	Open Stretch - A Equipment
12:50	-	1:00	Coaches Meeting
12:55	-	1:15	Open Stretch - B Equipment
1:05	-	1:15	1st Warm-Up A Equipment
1:15	-	1:25	March In - Opening and Team Intros
3:30			AWARDS

Session 10 Level 4 87

3:45	-	4:05	Open Stretch
3:50	-	4:00	Coaches Meeting
3:55	-	4:15	Open Stretch - B Equipment
4:05	-	4:15	1st Warm-Up - 1st Half
4:15	-	4:25	March In - Opening and Team Intros
7:00			AWARDS