

| | | | | | | | | | |
|--------------------------|----|-----------|-----------|-----------|-----------|-----------|-------------|--------|--------|
| PWTB A | 11 | 6:00-8:00 | 3:30-6:00 | 6:00-8:00 | 3:30-6:00 | 5:00-7:00 | | 291.00 | 830.00 |
| PWTB B | 6 | | 5:30-7:30 | | 5:30-7:30 | | 1:00-3:00 | 237.00 | 676.00 |
| PWTB Preteam | 4 | | 5:30-7:00 | | 5:30-7:00 | | | 204.00 | 582.00 |
| | | | | | | | | | |
| XCEL A / Diamond | 7 | 7:30-9:30 | | 7:30-9:30 | | | 12:00-3:00 | 247.00 | 704.00 |
| XCEL XTRA/Diamond & Plat | 9 | | 7:00-9:00 | | | | | 270.00 | 770.00 |
| XCEL B / Platinum | 7 | 7:30-9:30 | | | | 7:00-9:00 | 10:00-1:00 | 247.00 | 704.00 |
| XCEL C / Gold 1 | 6 | | | 7:30-9:30 | | 5:30-7:30 | 3:00-5:00 | 237.00 | 676.00 |
| XCEL D / Gold 2 | 6 | 7:30-9:30 | | | 7:00-9:00 | 7:30-9:30 | | 237.00 | 676.00 |
| XCEL F / Gold 3 | 4 | | 7:00-9:00 | | | 6:30-8:30 | | 204.00 | 582.00 |
| XCEL E / Silver 1 | 6 | 5:30-7:30 | | 7:30-9:30 | | | 2:00-4:00 | 237.00 | 676.00 |
| XCEL G / Silver 2 | 4 | | | | 7:00-9:00 | | 10:00-12:00 | 204.00 | 582.00 |
| XCEL PRETEAM | 2 | | | | | | 4:00-6:00 | 155.00 | 442.00 |
| | | | | | | | | | |

CAPITAL GYMNASTICS TEAM TENTATIVE FALL SCHEDULE 2018-19 effective Aug 27, 2018

CHEER SCHEDULE ON OTHER SIDE

Revised 11/17/18

CAPITAL CHEER TEAM TENTATIVE FALL SCHEDULE 2018-19 effective Aug 27, 2018

| | | | | | | | | | |
|----------------------|---|-----------|-----------|-----------|-----------|-----------|------------|--------|--------|
| CHEER S4 / FORTUNE | 6 | 7:00-9:00 | | | 7:00-9:00 | | 5:00-7:00 | 165.00 | 471.00 |
| CHEER J3 / HONOR | 6 | | 7:00-9:00 | | | 7:00-9:00 | 3:00-5:00 | 165.00 | 471.00 |
| CHEER S2 / INTEGRITY | 6 | | 5:00-7:00 | | | 5:00-7:00 | 1:00-3:00 | 165.00 | 471.00 |
| CHEER Y2 / VIRTUE | 6 | | 7:00-9:00 | | | 5:00-7:00 | 1:00-3:00 | 165.00 | 471.00 |
| CHEER M1 / PURPOSE | 4 | | 5:00-7:00 | | | | 11:00-1:00 | 137.00 | 391.00 |
| CHEER JP2.1 / VALOR | 3 | | | 7:00-9:00 | | | 5:00-6:00 | 119.00 | 340.00 |
| CHEER YN1 / VISION | 2 | | | | | | 3:00-5:00 | 96.00 | 274.00 |

| | | | | | | | | | | |
|-------------------|---|--|--|--|-----------|--|--|-----------|-------|--------|
| CHEER TN1 / HEART | 2 | | | | 6:00-7:00 | | | 3:00-4:00 | 96.00 | 274.00 |
|-------------------|---|--|--|--|-----------|--|--|-----------|-------|--------|