

# 2019 John Roethlisberger Open: January 24-27, 2019

## University of Minnesota Sports Pavilion

**Meet Format:** Levels 4-6 will be traditional (warm up all events-competes all events) format. Levels 7-10 and JD will be Modified Capitol Cup (warm up, then compete each event in Olympic order).

### Saturday Jan 26, 2019

#### Modified Capitol Cup

<b>Session 6</b>	Level 6
4:30 pm	Open Stretch
4:50 pm	Team Introduction
5:00 pm	Competition (13 min warm up)
8:30 pm	Awards

### Sunday (Jan 27, 2019):

#### Traditional Format

<b>Session 7</b>	Level 5
8:00 am	Open Stretch
8:20 am	Warm up (15 Min)
9:50 am	Team Introduction
10:05 am	Competition
12:45 pm	Awards

#### Traditional Format

<b>Session 8</b>	Level 4
1:15 pm	Open Stretch
1:35 pm	Open Warm ups (1 hour)
2:35 pm	Team Introduction
2:50 pm	Competition
4:30 pm	Awards

### Saturday (Jan 26, 2019):

#### Modified Capitol Cup

<b>Session 4</b>	Level 7
8:00 am	Open Stretch
8:20 am	Team Introduction
8:30 am	Competition (Warm up 10 min./rotation)
11:00 am	Awards

